

MAGNUM
P.I. !

AYY
TEAM

SHUT-
UPS

GARY
COLEMAN

BONUS
POSTER

SOMETHING
FUNNY



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ON HEAR !

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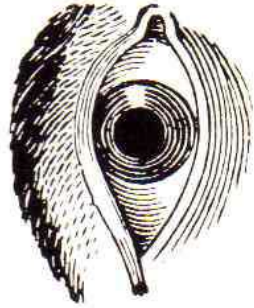
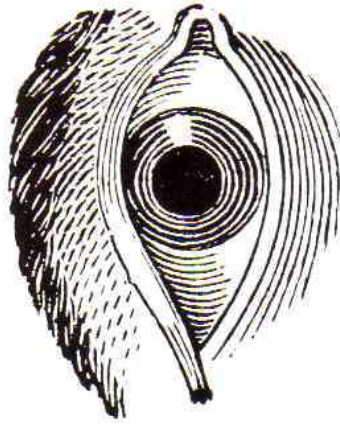
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THE WORLD'S HUMOREST FUNNY MAGAZINE

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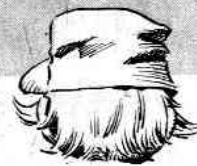
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JULY 1984 No. 204

WHAT'S UP FRONT OUR COVER

IT'S A CONTEST ! No kidding
around ! Here's your chance to win
this issues' cover painting !
See Page 23.



THE CRACKED EYE CHART



LETTUCE from our Readers



ADDRESS ALL LETTERS TO CRACKED LETTUCE, 239 PARK AVENUE SOUTH SUITE 5D, NEW YORK, N.Y. 10003

Dear CRACKED,
I've sent 3 letters to you guys and not one of them has been printed. This is the 4th. What are you guys gonna do with this one?

Jim Hill
Annandale, Va.

Dear Jim,
Probably not print it either. After all, we wouldn't want to break the streak you have going.

Dear CRACKED,
All of us here like THE HISTORY OF AUTOMOBILES. It was great to see an article filled with nothing but car-toons.
The Pasternak Clan
Raleigh, NC

Dear Pasternak Clan,
We figured a piece like that AUTO make you car buffs happy.

Dear CRACKED,
Is CRACKED published in Turkey?
Zita Levelio
Donaldsonville, LA

Dear Zita,
We should say not! We'd never put out a FOWL issue!



Dear CRACKED,
Love CRACKED WORD PLAY. Hope the curtain never falls on this feature.
Linda McAree
Minneapolis, Minn.

Dear Linda,
As long as the reviews are positive like yours, this is one play that'll run forever.

Dear CRACKED,
With presidential elections creeping up on us, is there anyone you'd like to endorse at this early date?
Naomi Pereira
South Hadley, Mass.

Dear Naomi,
Well, we think Mr. T would make a great Secretary of Defense.



Dear CRACKED,
Is Sylvester single?
Gail Nutley
Lafayette Hill, PA

Dear Gail,
To the best of our knowledge, he doesn't have a twin.



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Dear CRACKED,
There was a word I didn't understand in one of your articles last issue. Can you please tell me what CHIVALRY is?

David Smith
Richmond, CA

Dear David,
That's what you do when you're cold.



Dear CRACKED,
With so much doom and gloom in the world, it's nice to have something you can turn to that will always make you laugh.

Lenny Murdock
Fairfield, Conn.

Dear Lenny,
We're glad you find CRACKED to be like an elevator—uplifting!



Dear CRACKED,
Ha ha ha ha ha ha. Hee hee. Ho Ha.
Name Withheld

Dear Name,
Glad you liked the last issue.
P.S. Your last name, is that Swedish?



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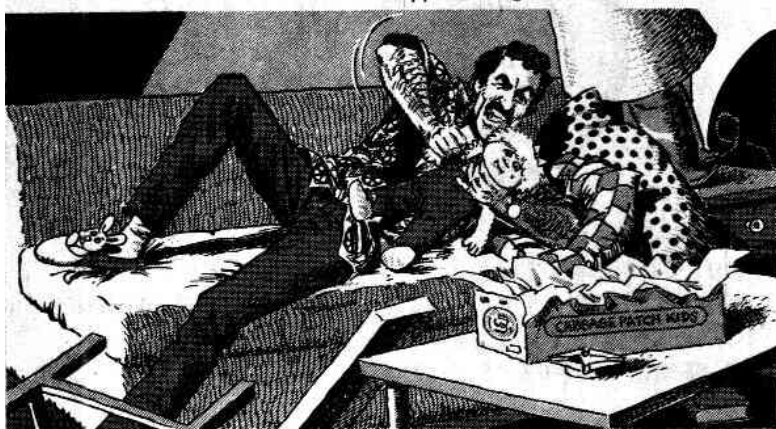
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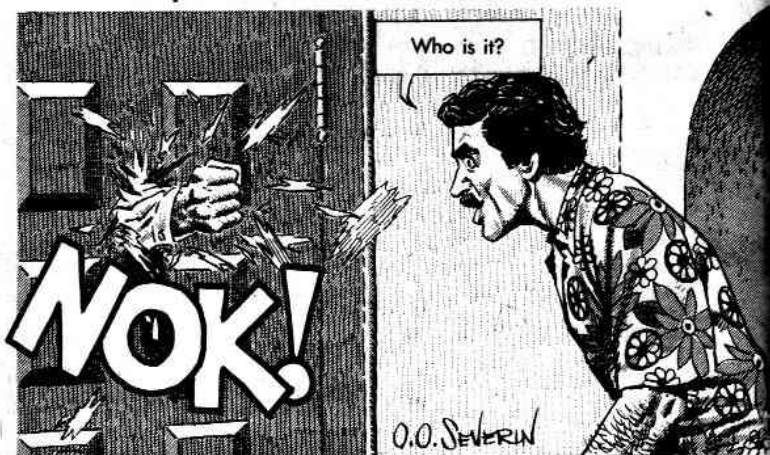
Hawaii can be a cold town if you're 21, alone and trying to break into the movies . . . Wait a minute! That's L.A. Who's trying to mess up this touching narration I usually do at the beginning of each episode? I'm attempting to create a mood. Statements like that make me look stupid. No wonder people have begun calling me

MAGDUMB P.I.

Anyway, it was a Saturday morning and I was sitting around practicing new holds for apprehending criminals.



Suddenly, there was a knock on the door.



Up against the wall Magdumb with your hands down.

No! DOWN! You should use a deodorant!

Don't you mean up?

HERE Y'ARE GANG... ANOTHER CRACKED STAMP FOR YOUR COLLECTION-



YOU ARE SAYING THEM, AREN'T YOU?

We've come to extort \$500 from the owner of this estate, Master Robbins, using **you** for ransom.

But guys, you're making a **big** mistake. I have no say over this estate. Robbins couldn't care less whether I **live** or **die**.

In that case, Rufus, kill him and we'll find somebody **else**.

However . . . of late, we have become close friends.

What's that?

Somebody's at the door. Magdumb, I want you to answer it and get rid of whoever's there.

Isn't that kind of **rude**?

Just do what I say.

Hiccups!

I want to have a word with you about this tuxedo you borrowed from Master Robbins.

Did I **leave** some **dirt** on the **collar**?

If I could find the collar I'd tell you.

The condition of this tux is disgraceful! It's Magdumb . . . would you please **stop** that while I'm chiding you. I don't want to **play** cowboy with you **now**.

Now what are you doing? . . . Gun? Is that **gun**? . . . What gun? . . . Forget the sign Magdumb. I don't have my reading glasses with me.

Didn't you learn signals when you were in the service?

Why, yes. During the African Campaign, I became quite familiar with signals of all types. I remember the Zambuca tribe who used . . .

BANG!
BANG!

THERE ARE TWO MEN
WITH A GUN BEHIND
THE DOOR

Just shut up and watch!



Men. You're saying something about **men**. Man behind the door . . . Yes, I have it now. **Men** behind the door with **gum**!



Not GUM you **idiot**! GUNS! There are **men** behind the door with GUNS!!

I SAY!!

BONK!

Hey! Are you trying to tell him about us?

Magdumb, I sense there's something wrong.

Just get in here and put your hands up.

Are these men friends of yours?

Well, if you are having friends over, might I suggest breaking out a jar of Mona Loa Macadamia Nuts.

Hiccups, sell your stale nuts between segments of the show—not **during** it.

SLAM!



Do they look like **friends**?



Well, in that case, you men are going to have to leave. This is private property owned by Master Robbins.

They know that, Hiccups. They've come here to try and extort \$500 from him by using **us**!

They're ransoming **us** for \$500?! Well then give it to them. \$500 is chicken feed to a man worth **\$600 million**!

Robbings is worth **\$600 million**?

At least!

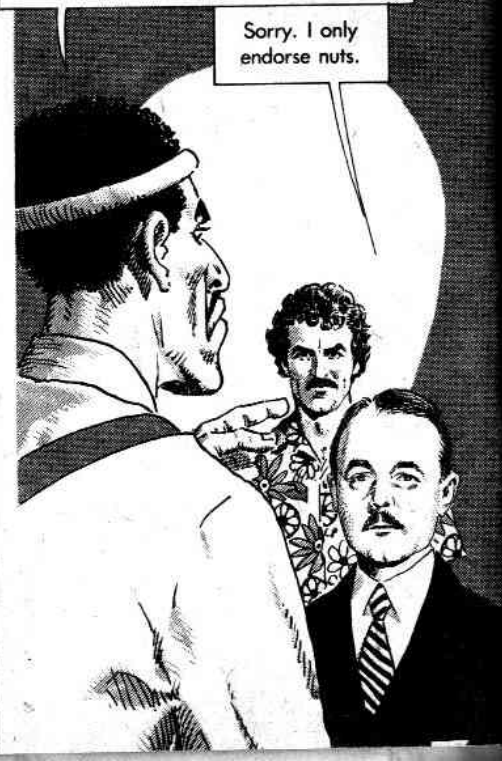
Then we'll just have to ask for \$25 million in ransom **instead**.

You two wait over there while we rewrite our ransom note. Either of you have a pen?

Sorry. I only endorse nuts.



Nice work Hiccups.



CRACKED IS believing that stereo is not for one track minds

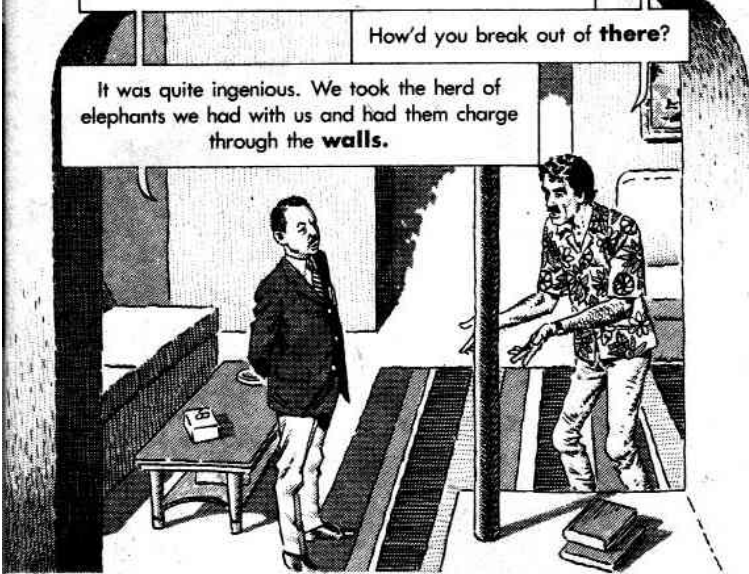
You know Magdumb, Master Robbins isn't going to be **pleased** about this whole thing.

No kidding. We've got to think of a way of escaping from here.

I remember once during the war, in the African Campaign, we were trapped inside a fort.

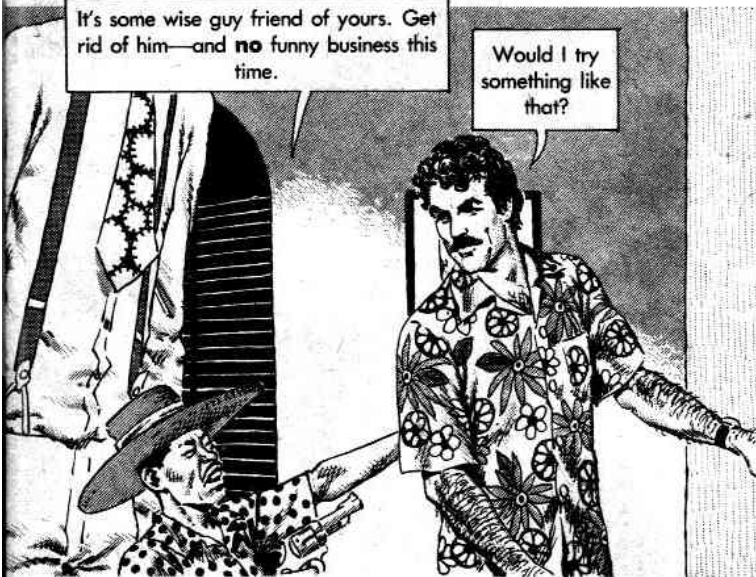
How'd you break out of **there**?

It was quite ingenious. We took the herd of elephants we had with us and had them charge through the **walls**.



It's some wise guy friend of yours. Get rid of him—and **no** funny business this time.

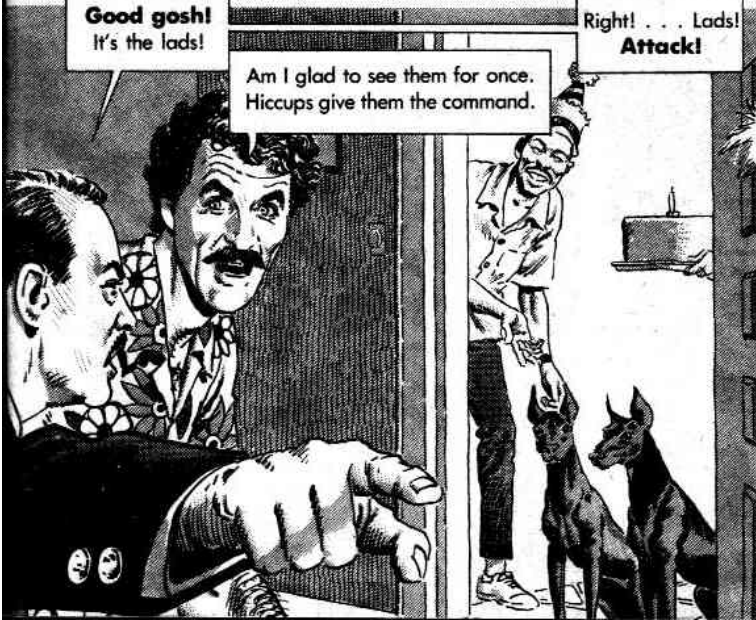
Would I try something like that?



Good gosh!
It's the lads!

Am I glad to see them for once. Hiccups give them the command.

Right! . . . Lads!
Attack!



Darn! And our herd is **off** today



Now what? **Another** knock at the door? Who's there?

Otto.

Otto who?

Otto know. I've got amnesia!



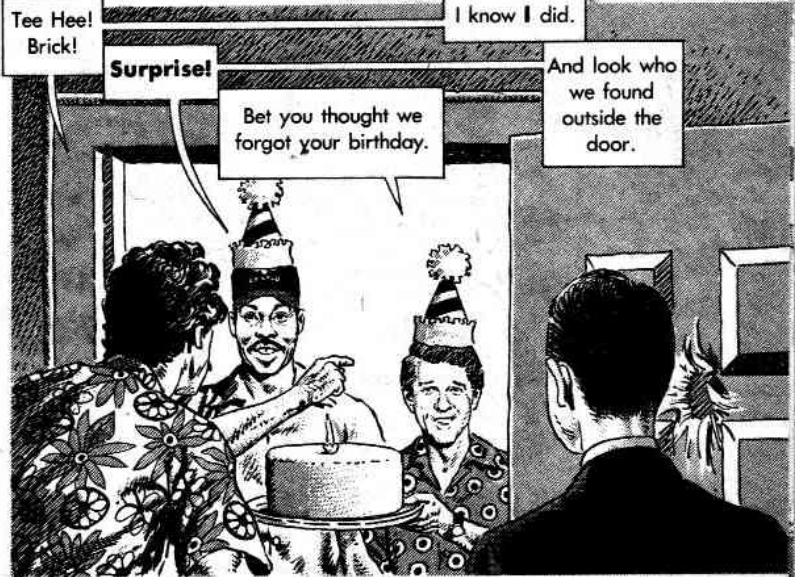
Tee Hee! Brick!

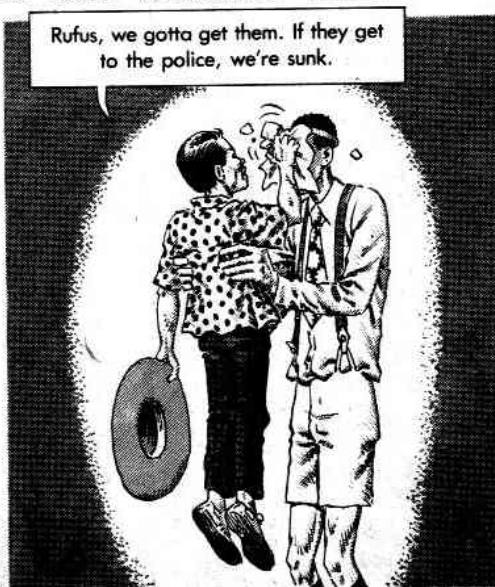
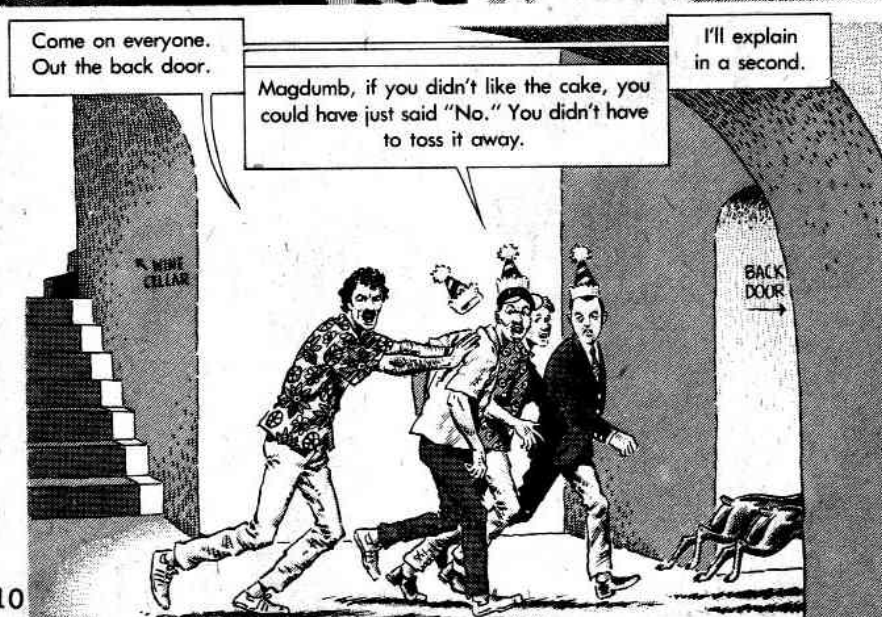
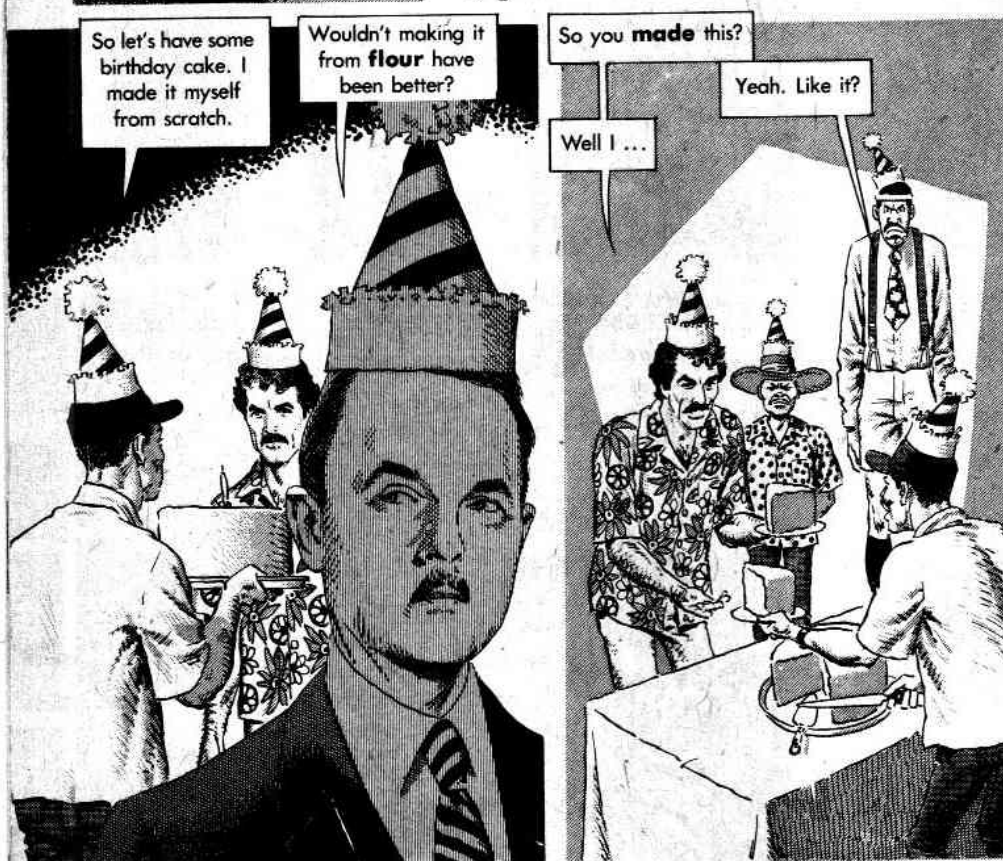
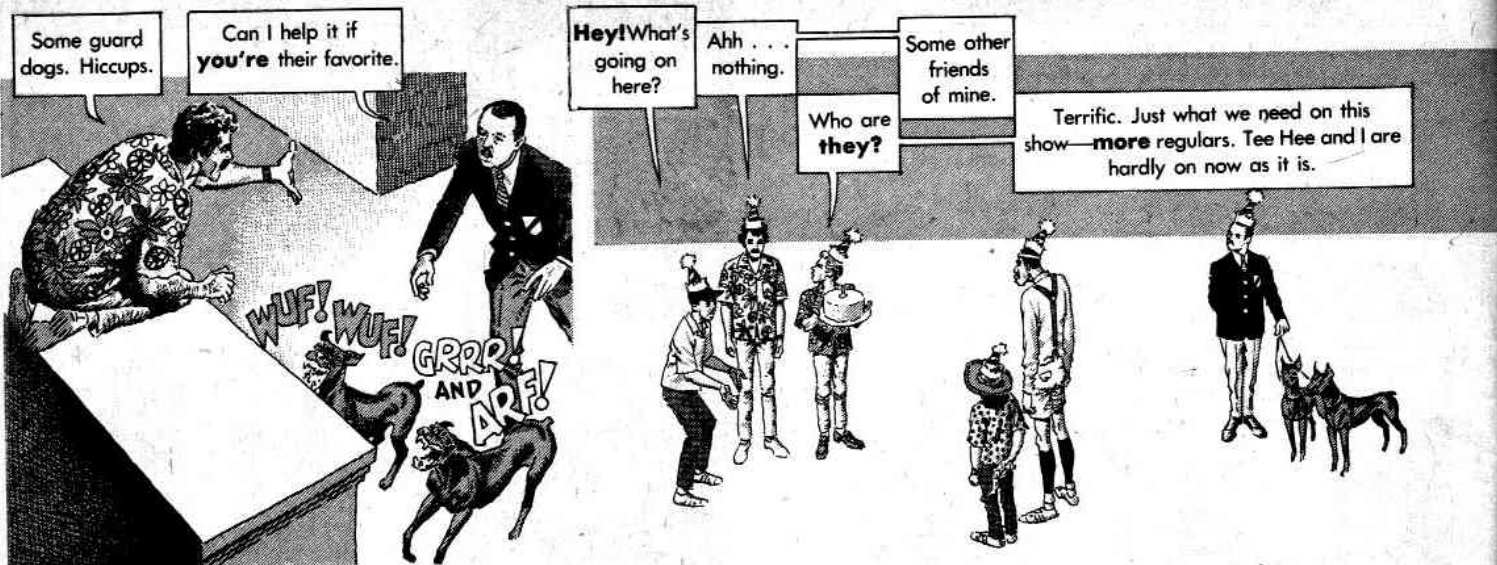
I know I did.

Surprise!

Bet you thought we forgot your birthday.

And look who we found outside the door.





And they were going to ransom you off for **all** that **money**? What dopes! I could see you two fetching a buck and a quarter, but **\$25 million?!?**

So where to? They should be free of the cake any second.

Into the sculpture garden.

KA-EPA-OFA-DA-GRAS

See anything?

No. But they couldn't have gotten away.

Ahh choo.

Hey! Something tells me one of these statues isn't. Like that one!

Magdumb! They're gaining!

Must be from that cake you baked. It was high in calories.

Not gaining in **weight**. Gaining on US!

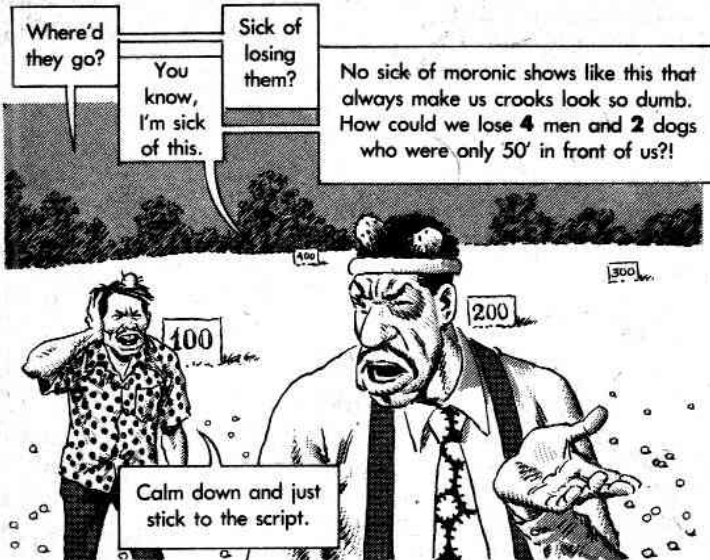
Onto that raft!

They're still behind us.

Well, let's see what kind of golfers you men are.

If I remember, one should always keep his arm straight, his wrist slightly turned, his . . .

Just hit the ball!



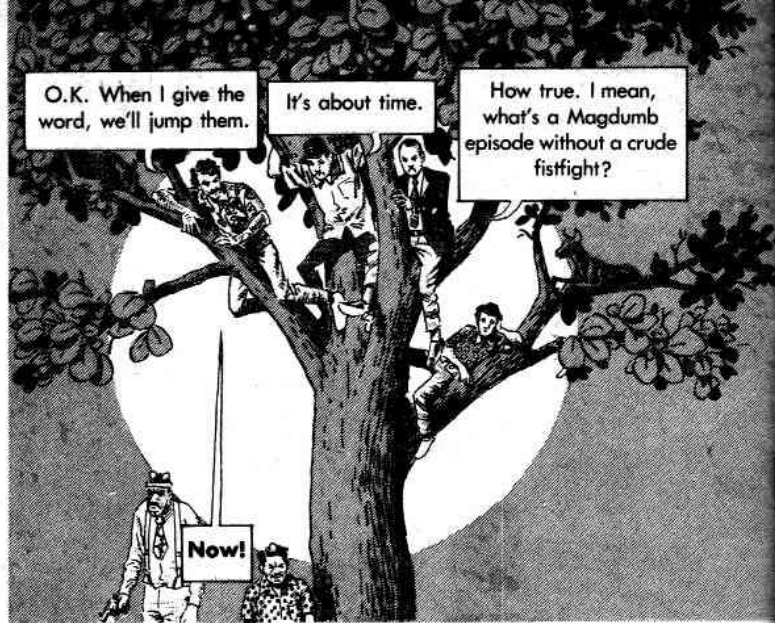
Where'd they go?

You know, I'm sick of this.

Sick of losing them?

No sick of moronic shows like this that always make us crooks look so dumb. How could we lose 4 men and 2 dogs who were only 50' in front of us?!

Calm down and just stick to the script.



O.K. When I give the word, we'll jump them.

It's about time.

How true. I mean, what's a Magdumb episode without a crude fistfight?

Now!



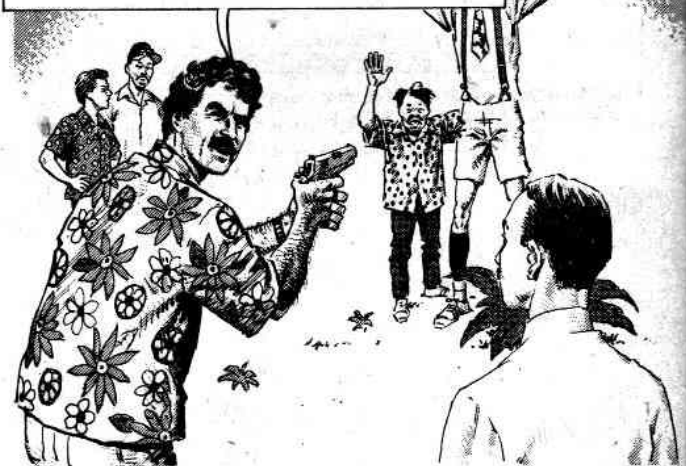
O.K. Hold it right there. Tee Hee. Brick. Take them away.

You mean to tell me you had that **gun** in your pocket all along?

Yeah.

Why didn't you just use it when they first broke into your house?

Because **then** we had 55 minutes left to the show. Now we only have a few credits and 12 commercials left.



Well, whatever. I'm sure Master Robbins will be glad to hear that you saved him **\$25 million**, not to mention his life.

Magdumb, **that's** Master Robbins!

My gosh! I had no idea it was HIM! I should have known—with all the money he's made from the A-YY TEAM he's the only one who could **afford** a place like this.

And **speaking** of Master Robbins, how come I've **never** seen him?

Because he's a famous, important man who doesn't like to be disturbed when relaxing at home. However, seeing what you've done, come and I'll let you take a look at him.



THE END



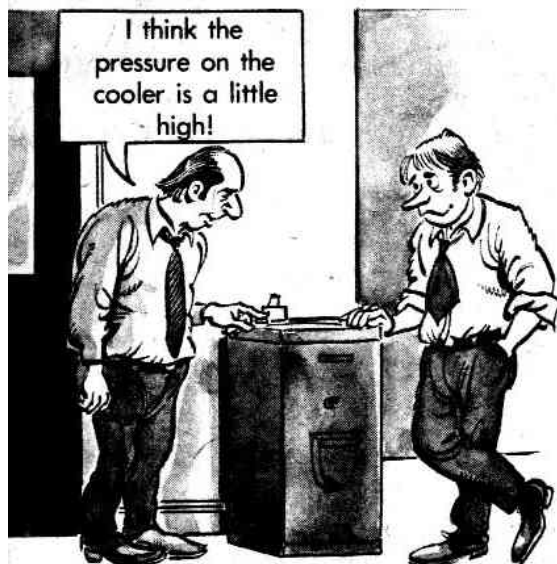
No, not **THIS**
kind of hold-up!

CRACKED HOLD-UPS!

Hold this page up to the light to see the surprise appear.
You'll soon see, Something Funny Is Going On Here!



THIS kind of
hold-up!



I think the
pressure on the
cooler is a little
high!



Shall I wrap up
these nails
for you?



That's strange! This monster
formula hasn't changed my
appearance at all!



Hey! Wanna
trade flutes?

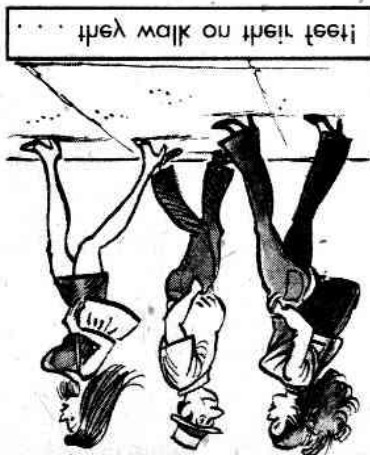
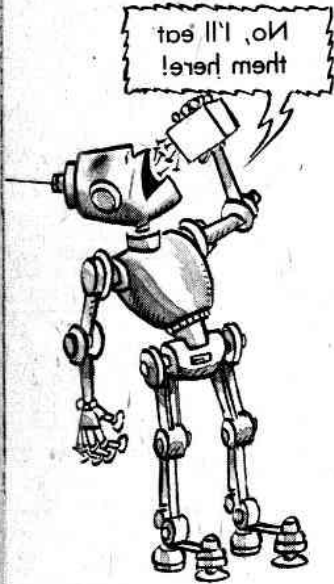


Earthlings are
most peculiar.



Dad, I thought you
said we were gonna
go fishing now and
then go jogging
later?

STOP!
Don't Read This Page First !
THE FUN STARTS ON THE BACK OF THIS PAGE !
TURN BACK AND ENJOY THE SURPRISE . . .
JUST FOR THE FUN OF IT !

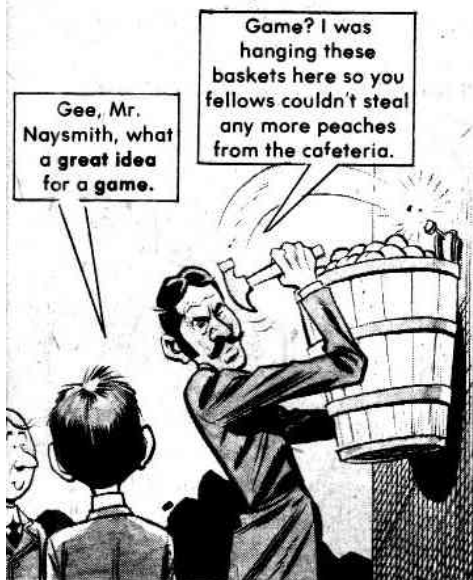


As the snow begins to fall on the ground, a new sport usually gets underway for many people—right!—shoveling. But, besides shoveling, there's another that involves Knicks, Celtics, Lakers and '76ers. It's a sport that many enjoy watching and that soon even more will be able to participate in, once they've read

The CRACKED Guide To BASKETBALL

I. HISTORY—Basketball is the only major sport to have its origins in America.

The game was invented in 1891 when James Naysmith hung two peach baskets up in his school.



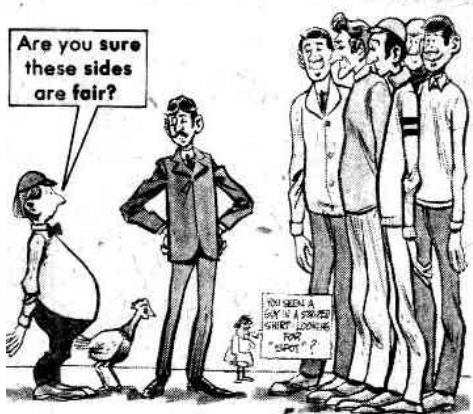
It was then suggested that something be tossed into the baskets.



Finally, Naysmith came up with the idea of a ball. But still, another problem had to be overcome.



Once the rules were established, Naysmith then divided his students into two teams.



As the game caught on, subtle changes were experimented with—like what type of basket to use...



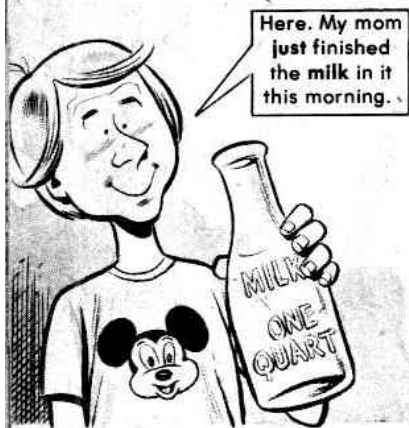
...and the size of the ball.



But finally the minor details were ironed out and basketball became a leading American pastime.

II. EQUIPMENT—To play this fast and exciting game, certain things are necessary.

First, you will need an empty court.



Plus a basket and something to attach it to.



And finally, you'll need a T-shirt, shorts, sneakers and...



III. SKILLS—As in any sport, there are a number of skills that should be practiced in order to make you a better player.

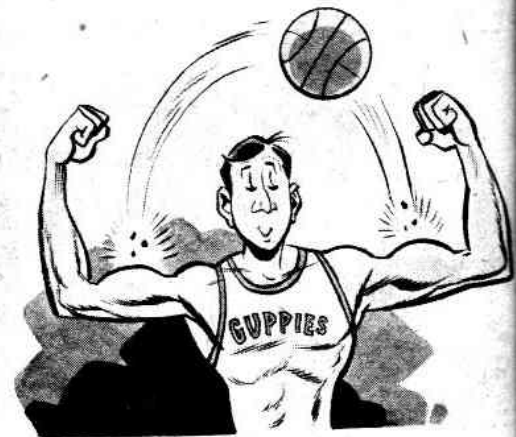
Foremost, you have to be a good dribbler.



You should also learn to pinpoint your passes.



Ball-handling should also be practiced.



As well as jumping for rebounds...



...and driving towards the basket.

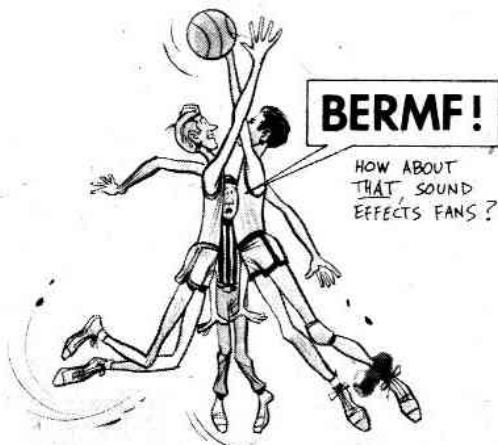


IV. BEGINNING PLAY—Now that you have some of the skills down, lets get into the rules of the game.

At the start of play, the visiting team has a choice of baskets.



The referee, standing between the two centers then tosses the ball up for the jump.



During the jump, notice the hand action by the centers to get possession of the ball...



The team in possession of the ball then tries to deliver it down the court as quickly as possible.

...as well as the positions of the other players eager to retrieve it.



Are you player #12?
This ball just came special delivery for you!



Any player within scoring range may then shoot at the basket.



If he gets the ball in, he receives two points.



And if he misses...



Should he miss, anyone can go after the rebound; thus the opposition will try anything to keep the ball from dropping in.



V. FOULS—During the course of the game, the action can be stopped at any point when the referee spots certain violations called fouls.

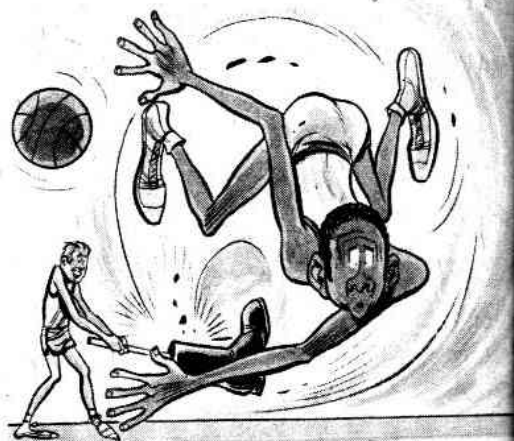
There are personal fouls such as holding...



pushing...



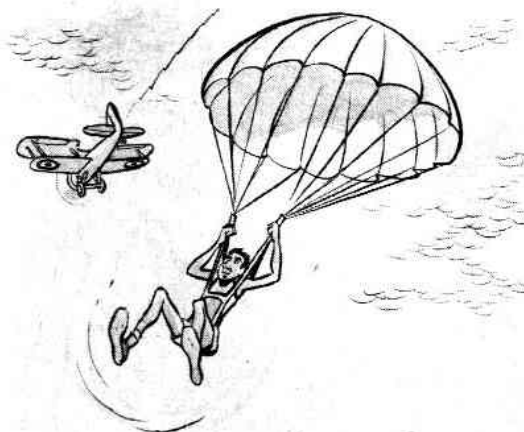
and tripping.



And then there are fouls for traveling...



...entering the court illegally...



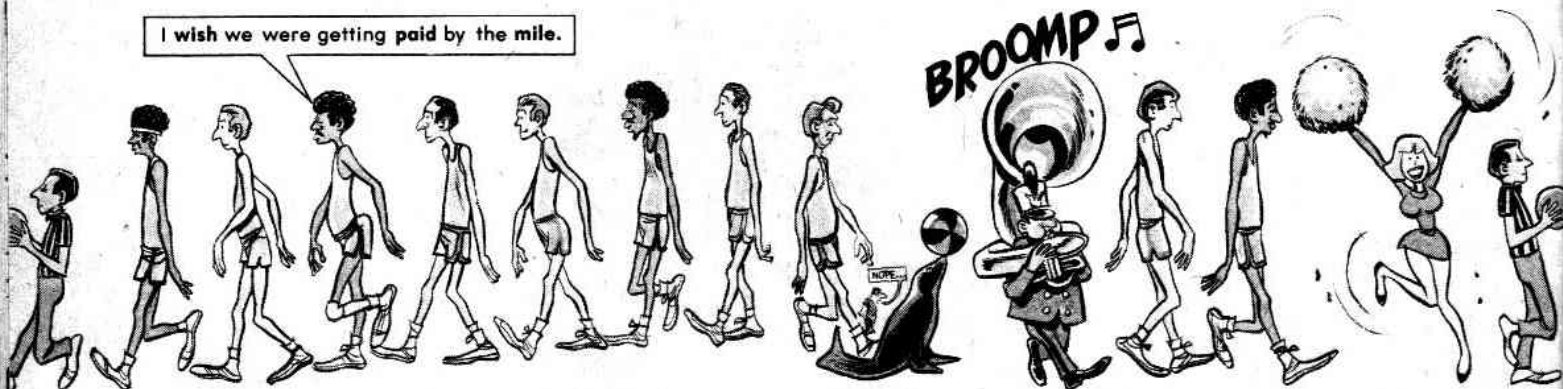
...and technical fouls like unsportsmanlike conduct.



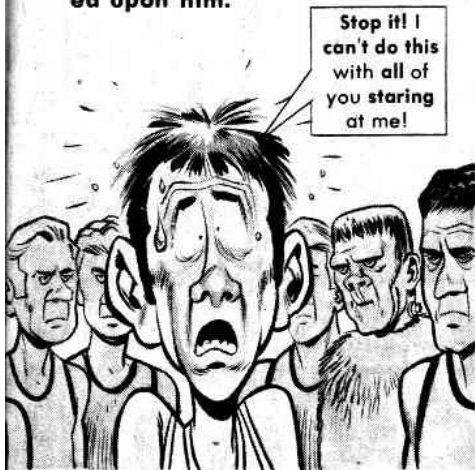
When a foul is called, the game is stopped and everyone is marched over to the appropriate foul line.

In a game with many fouls, to hold a spectator's attention, these "marches" are usually beefed up to look more interesting.

I wish we were getting paid by the mile.



The person fouled is then entitled to one or two free throws with no interference—and all eyes are fixed upon him.



VI. TYPES OF SHOTS—Accurate shooting is the name of the game—(actually, the name of the game is basketball, but to make this section more colorful we . . . ah, skip it!) Typical shots include:

The Bounce Shot



The Two-Man Shot



VII. PASSING—It is often asked, "Who should I pass the ball to and who shouldn't I?"

And the Cannonball Shot.



Never pass to a man who appears to be guarded.



Pass to a man who appears to be free.

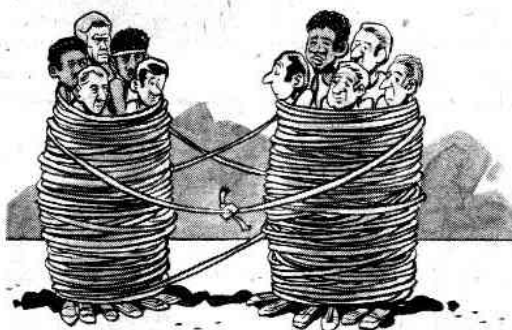


VIII. OVERTIME—And finally, let us speak about overtime.

But the safest rule is always pass it to the most obvious man.



Below, you see two teams that are all tied up at the end of the game.



A tie means that the game must be played until (A) one team wins or



And there you have it sports fans. Now it's time for you to get out there and play rugby better than anyone else (cause you sure won't be able to play basketball after reading this!)

We've all been told that there's a right method of doing things (like politely telling your girl friend that you don't like her new hairdo) and a wrong method (like pointing at your girl friend's head and laughing until you double over). But now, with the arrival of a recent NBC hit series, there seems to be a new criteria. That's right. There's the normal way and

THE A-TEAM WAY OF DOING THINGS

The normal way of entering a house.



The A-Team way.



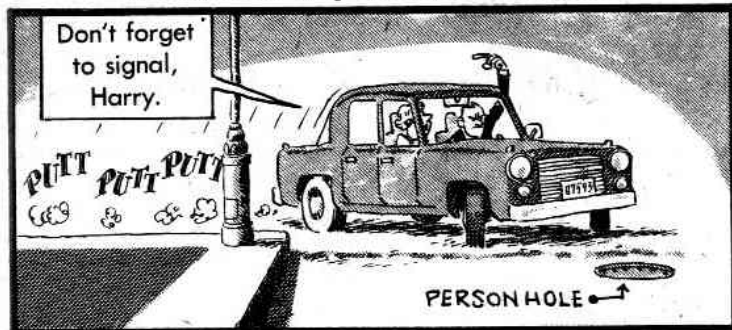
And this is the normal way of double dating.



And the A-Team way.



The normal way a car turns a corner.



And the A-Team way.



And this is the normal way of meeting someone.



And the A-Team way.



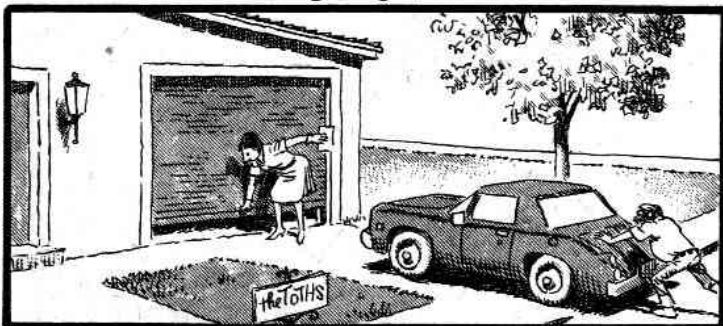
And if you want to surprise someone at their home, a normal person does it like this.



And this is the normal way a person opens a bottle.



And what's the normal way of driving a car into the garage?



And if you want to find out some information, this is the usual way a person asks.



And this is the normal way of caring for a person afraid to fly.



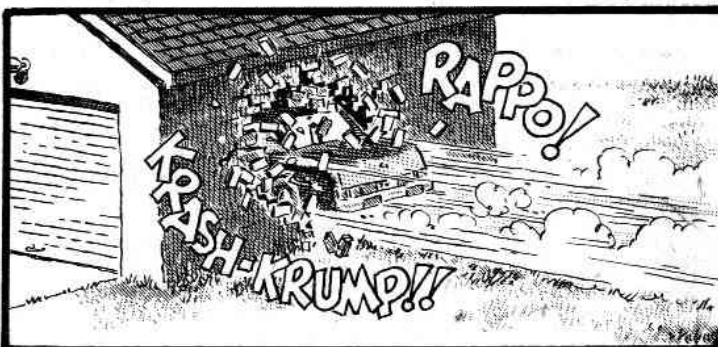
While the A-Team does it like this.



As opposed to the A-Team way.



A lot different from the A-Team way.



As opposed to the A-Team way.



While this is the A-Team way.



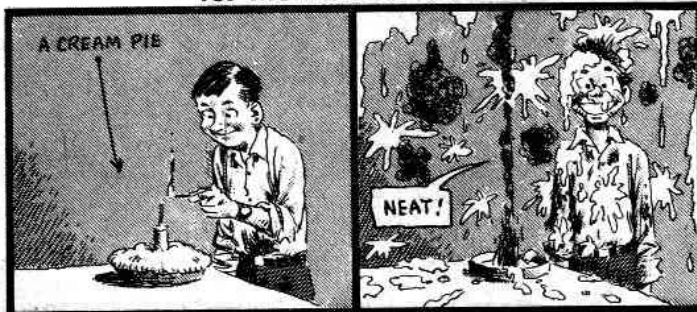
And this is the normal way of throwing out a bag of garbage.



This is how a normal person tells his mother he hates leafy vegetables.



And come the 4th of July, this is enough fireworks for the most of us . . .



And if you have a flat tire, this is the normal way of changing it.



And finally, this is the normal way of asking someone to leave.



And the A-Team way.



And the A-Team way.



. . . whereas, this is the kind of fireworks the A-Team enjoys.



While this is the A-Team way.



And, of course, the A-Team way.





Enter The "What's Wrong With The Cover?" Contest!

1st Prize!

**THE ORIGINAL
PAINTING
OF THIS
CRACKED
COVER!**

THIS PAINTING WAS RENDERED BY
JOHN SEVERIN
(One of the Foremost Humor Illustrators
of Our Time)
AND YOU'LL BE THE ONLY
ONE TO OWN IT!

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ATARI
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The fabulous game
that you play
on your own
television!



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Prizes:**

Free one year subscriptions to CRACKED magazine!



ENTER THE CONTEST NOW! HERE'S HOW!



Find the mistakes in the cover illustration. Note the exact number of mistakes in the place provided in the coupon. Then tell us what you'd like to see in forthcoming issues of CRACKED in the place provided. You can win!

★★★★★★★★★★★★★★★★★★★★ OFFICIAL RULES ★★★★★★★★★★★★★★★★★★

Fill out the coupon provided (or a facsimile). You can enter more than once, but each entry must be submitted separately. No purchase is necessary.

Persons or relatives of persons employed by CRACKED magazine are not eligible.

Void in states where prohibited by law. All winners must pay any taxes that may apply.

Entries must be mailed by May 15th, 1984.

Entrants who give the correct number of mistakes will be considered for prizes. Prizes will be awarded to those who, in the opinion of the editors, write the best editorial suggestions. The decision of the editors will be final.

Winners will be announced in a forthcoming issue.

Mail your entry today!

CRACKED MAGAZINE • MISTAKE CONTEST • P.O. Box 8548 • Madeira Beach, Fla. 33738

I have found _____ mistakes. I would like to see the following articles in upcoming issues of CRACKED:

.....
.....
.....

Name Age

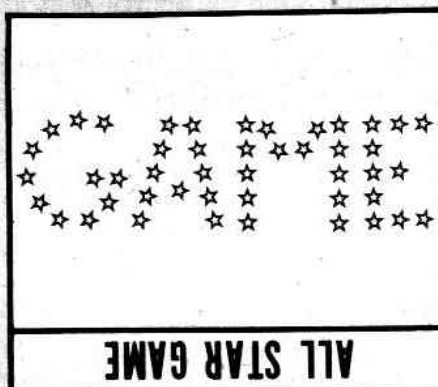
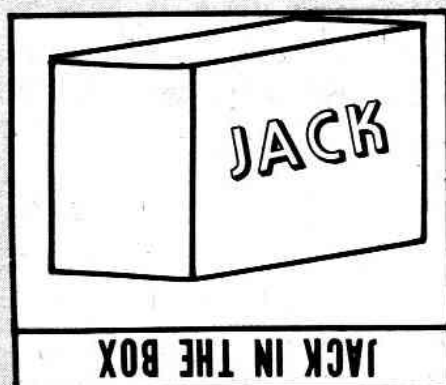
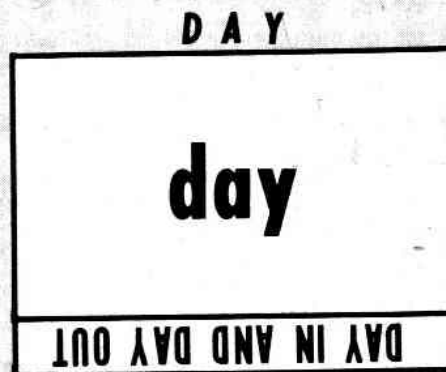
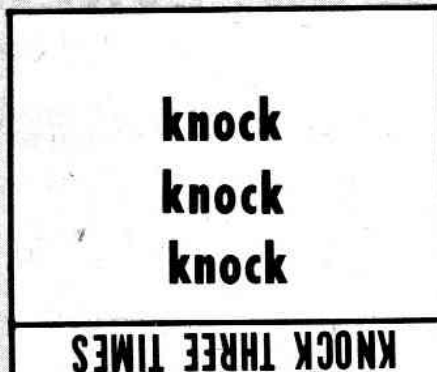
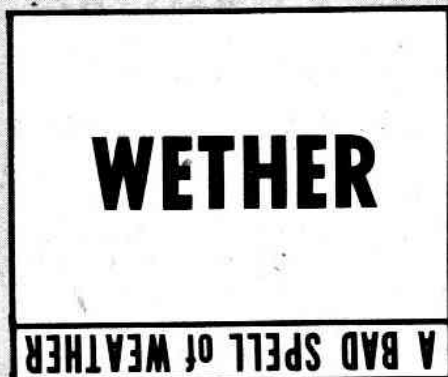
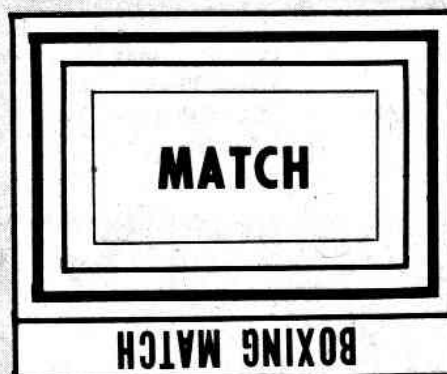
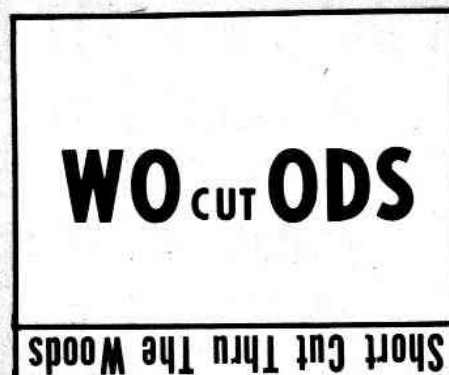
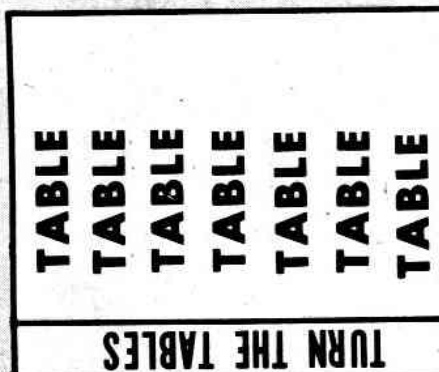
Address

City State Zip Code

CAN YOU FIGURE
OUT THESE
WORD PICTURE
PUZZLES?

WORD

They're fun to do and tricky too ! For Exam



PLAY

le: **COLLAR** is . . . Ring Around The Collar

SHOT

SHOT IN THE DARK

UPPER DOWN
UPPER UPPER
UPPER UPPER
DOWN UPPER
UPPER DOWN

UPPER MOST

rudely

RUDELY INTERRUPTED

**COMING
STRONG**

COMING ON STRONG

BOARD

DASHBOARD

**FF
AA
CC
EE**

FACE TO FACE



IN BLACK AND WHITE

O
M.D.
Ph.D.
M.A.
B.S.

4 DEGREES BELOW ZERO

**R R
D D**

R2 D2

CREAM

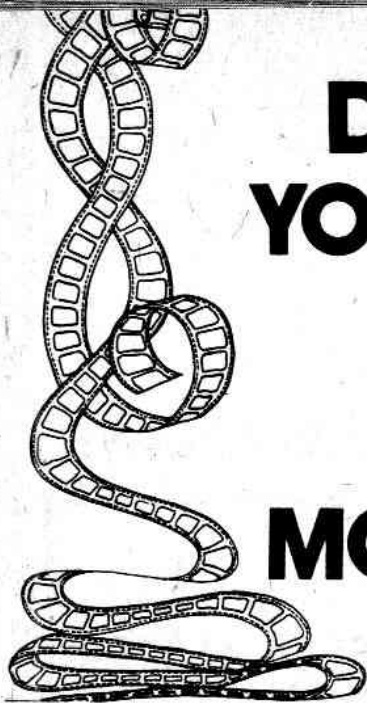
VANISHING CREAM

FEET

COLD FEET

**ARMS
ARM
AR
M**

ARMS REDUCTION



DON'T YOU HATE IT AT THE MOVIES...

... waiting hours in line and the show gets sold out right before you get a ticket?



... when your shoes stick to the floor to the point where you simply think about leaving them there instead of wearing them?



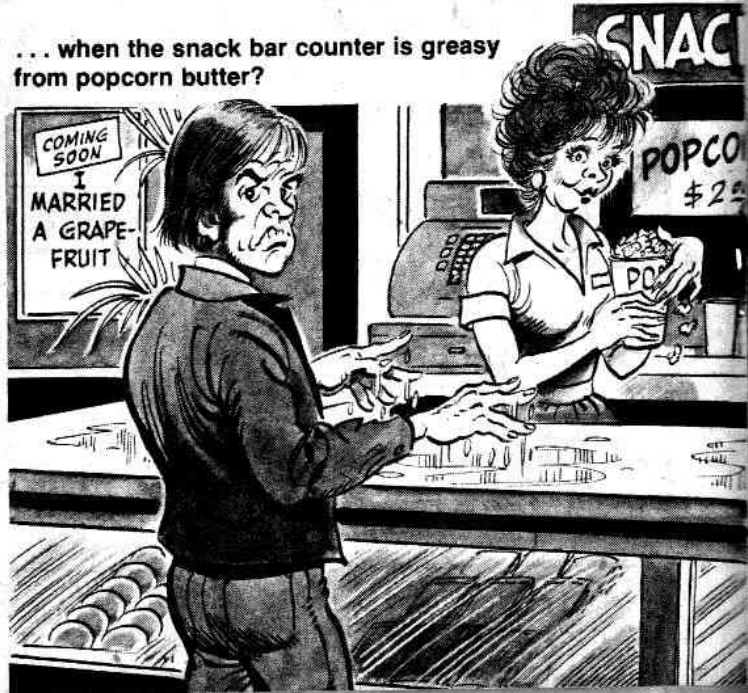
... getting caught in the middle of a straw wrapper war?



... when half of your malted milk balls are hollow and stale?



... when the snack bar counter is greasy from popcorn butter?



... that your hot dog is half the size of your hot dog bun?



... when a couple in your row decide to re-enact their own version of 'Romeo and Juliet'?



... when the only vacant seat is in the first row?



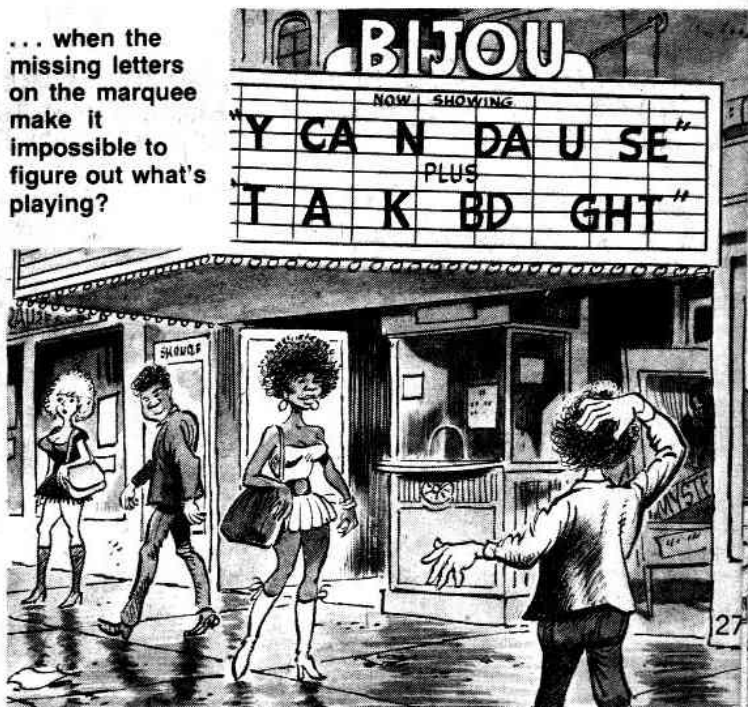
... sitting next to a guy who laughs at parts that no one else thinks is funny?



... when the only vacant seat in the house happens to be behind a professional basketball player?



... when the missing letters on the marquee make it impossible to figure out what's playing?



DEJA VU HULLABALOO

**CRACKED ILLUSTRATES AN OLD FRENCH
SAYING TO THE EFFECT THAT...**

THE MORE THINGS CHANGE THE MORE THEY REMAIN THE SAME

IN THE PAST MAN HAD NO
QUICK DEPENDABLE WAY TO
COMMUNICATE WITH HIS
DISTANT FRIENDS.



OVER THE YEARS MAN INVENTED
MANY DEVICES THAT ENABLED
HIM TO COMMUNICATE ACROSS
GREAT DISTANCES.



NEVERTHELESS, MAN STILL
HAS NO QUICK DEPENDABLE
WAY TO COMMUNICATE WITH
HIS DISTANT FRIENDS.



IN THE PAST MAN FELT
HELPLESS BECAUSE HE HAD
NO CONTROL OVER HIS
ENVIRONMENT.



OVER THE YEARS MAN
LEARNED HOW TO HARNESS
THE FORCES OF NATURE.



NEVERTHELESS, MAN STILL
FEELS HELPLESS BECAUSE HE
STILL HAS NO CONTROL OVER
HIS ENVIRONMENT.



**IN THE PAST THE POWERFUL
COULD ENTER A MAN'S HOME
AND VIOLATE HIS FAMILY.**



**OVER THE YEARS MEASURES
OF LAW SANCTIFIED A MAN'S
HOME.**

You'll need a warrant to enter, Sheriff!



**NEVERTHELESS, THE POWERFUL
CAN STILL ENTER A MAN'S HOME
AND VIOLATE HIS FAMILY.**



**IN THE PAST THE SERVILE
MASSES TREATED A FEW
INDIVIDUALS AS GODS.**



**OVER THE YEARS PEOPLE
CAME TO REALIZE ALL MEN
ARE CREATED EQUAL.**



**NEVERTHELESS, THE SERVILE
MASSES STILL TREAT A FEW
INDIVIDUALS AS GODS.**



**IN THE PAST MAN PUZZLED
OVER THE SIMPLEST OF
THINGS.**



**OVER THE YEARS MAN
UNLOCKED MANY OF
NATURE'S MOST
COMPLICATED SECRETS.**



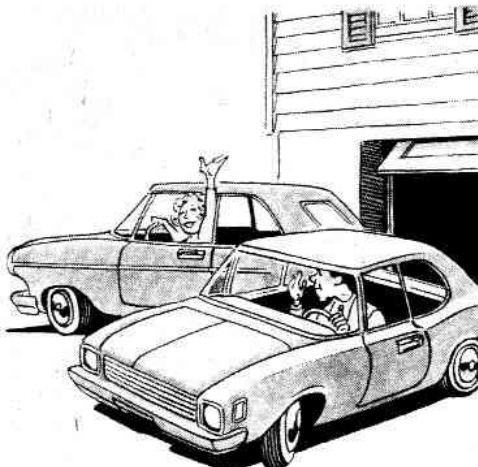
**NEVERTHELESS, MAN STILL
PUZZLES OVER THE SIMPLEST
OF THINGS.**



IN THE PAST ONE-CAREER FAMILIES WERE THE FASHION.



OVER THE YEARS TWO-CAREER FAMILIES BECAME THE NORM.



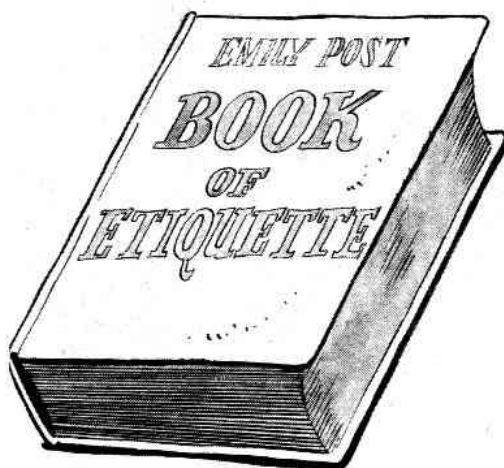
NEVERTHELESS, ONE-CAREER FAMILIES ARE COMING BACK INTO FASHION.



IN THE PAST MAN OFFENDED HIS FRIENDS AND NEIGHBORS WITH GROSS BEHAVIOR.



OVER THE YEARS SOCIETY INSTITUTED A SET OF RULES TO ELIMINATE GROSS BEHAVIOR.



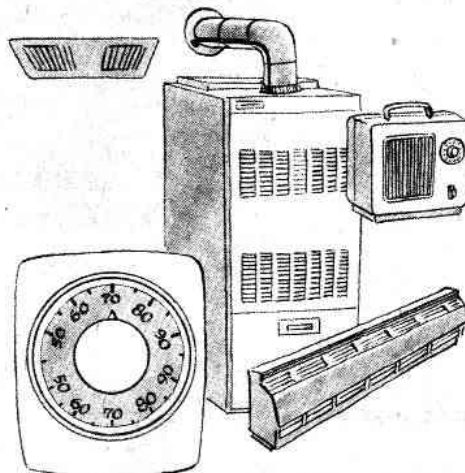
NEVERTHELESS, MAN STILL OFFENDS HIS FRIENDS AND NEIGHBORS WITH HIS GROSS BEHAVIOR.



IN THE PAST MAN RELIED ON PRIMITIVE METHODS FOR HEATING HIS HOME.



OVER THE YEARS MAN DEVELOPED MORE SOPHISTICATED FORMS OF HEATING.



NEVERTHELESS, BECAUSE OF HIGH FUEL COSTS, MAN STILL RELIES ON PRIMITIVE METHODS FOR HEATING HIS HOME.



**IN THE PAST TORTURE
DEVICES WERE
COMMONPLACE.**



**OVER THE YEARS MAN DID
AWAY WITH MANY INSTRUMENTS
OF PAIN AND PUNISHMENT.**



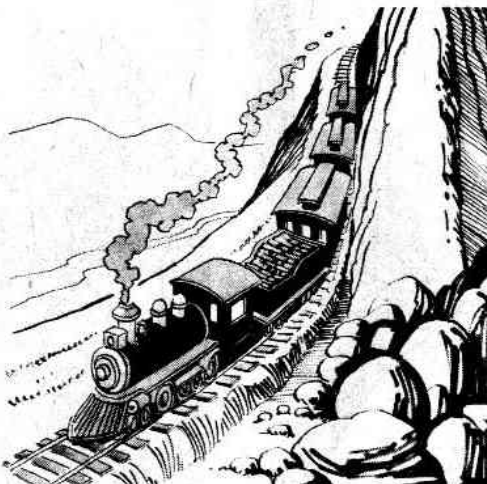
**NEVERTHELESS, TORTURE
DEVICES ARE STILL
COMMONPLACE.**



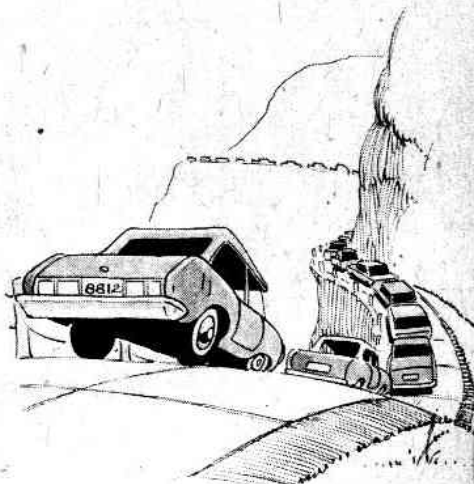
**IN THE PAST MAN TRAVELLED
AT A SNAIL'S PACE.**



**OVER THE YEARS MAN
INVENTED FASTER AND
FASTER FORMS OF
TRANSPORTATION.**

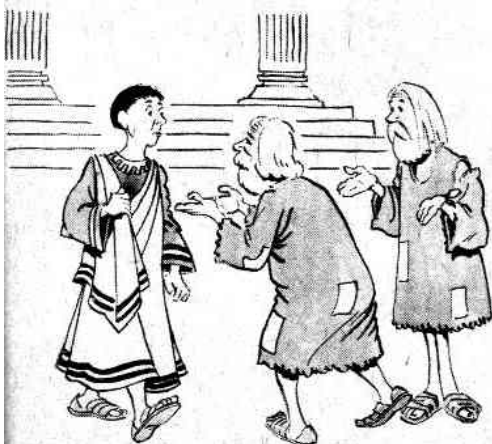


**NEVERTHELESS, MAN STILL
TRAVELS AT A SNAIL'S PACE.**



CRACKED is having a street named after you in your hometown only to find out it's a dead end.

**IN THE PAST BEGGARS
ABOUNDED.**



**OVER THE YEARS MAN
CREATED MANY JOBS TO DO
AWAY WITH BEGGING.**



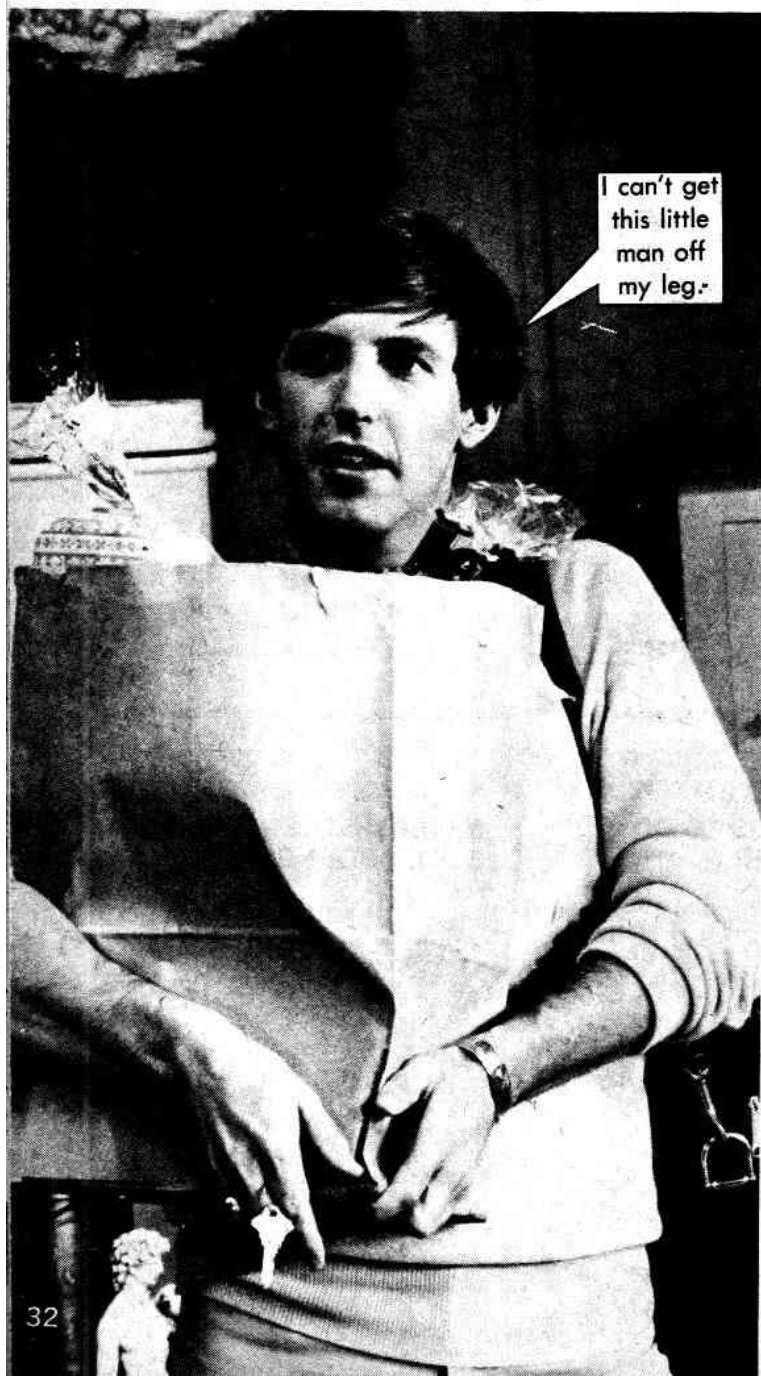
**NEVERTHELESS, BEGGARS
STILL ABOUND.**



ABSOLUTELY, UNQUESTIONABLY, POSITIVELY,
UNDENIABLY, THE VERY, VERY, LAST OF

THE CRACKED LENS

(and we really, really mean it this time, for sure!) Part XXIV



I can't get
this little
man off
my leg.



These sure
are weird
plates
we've been
issued.



I'm not going
to the party
as the hump
of the
Hunchback
of Notre Dame.



All these
trees are
alike.



Your fox
is down.



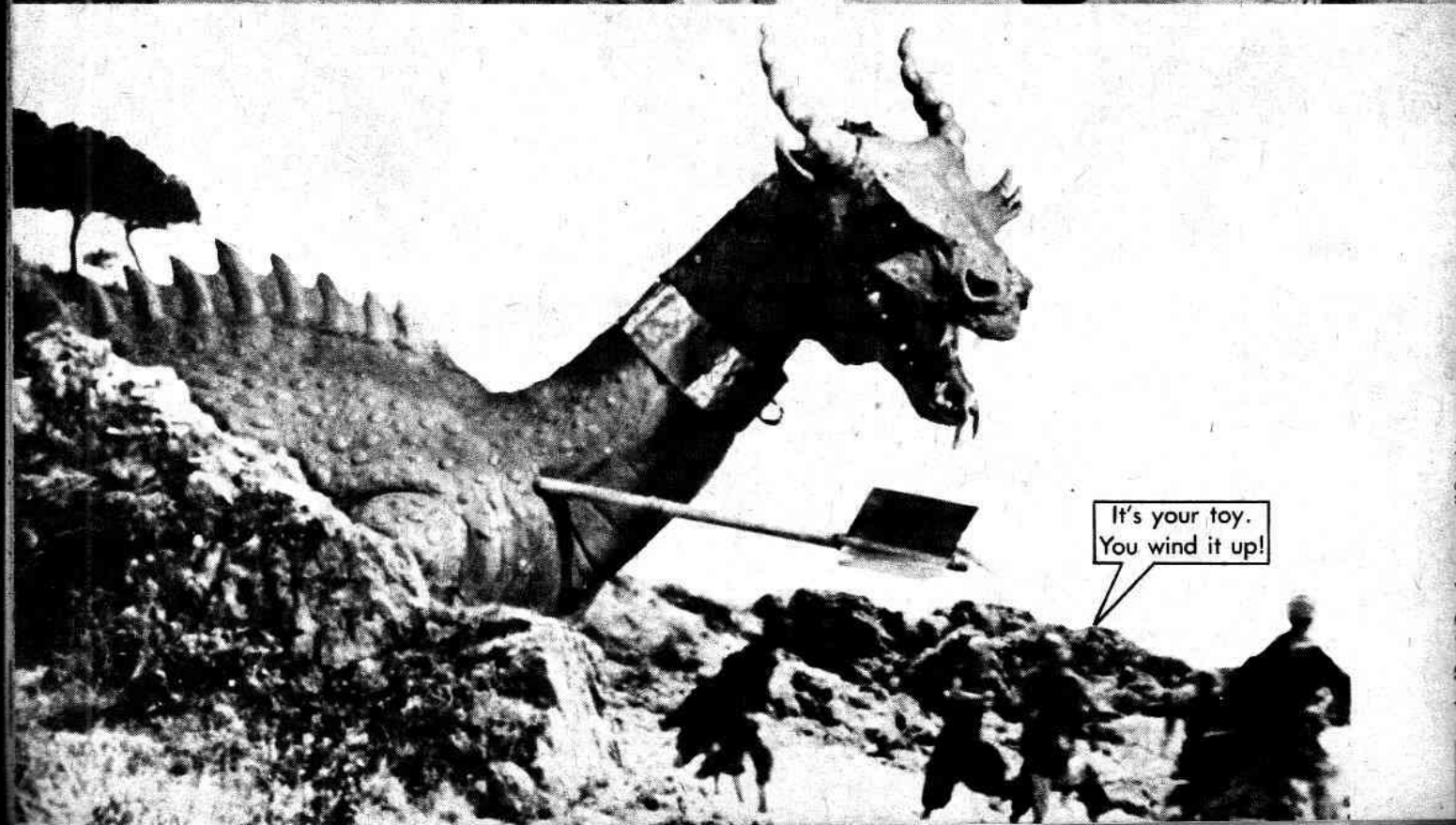
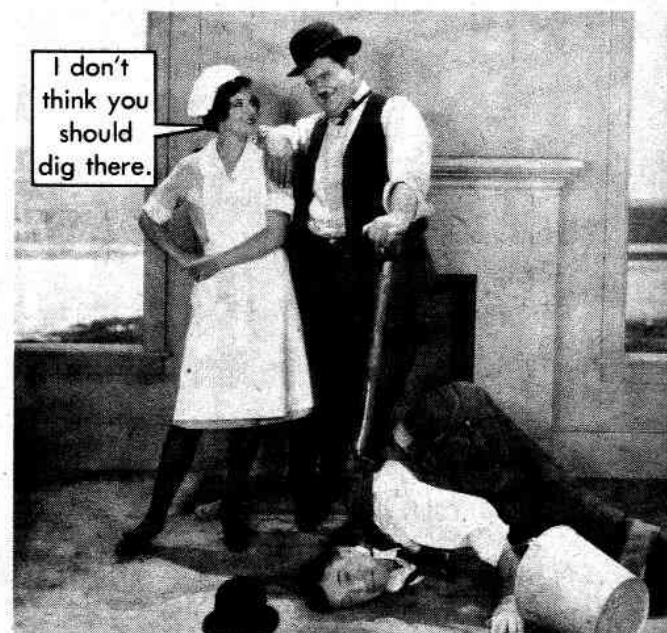
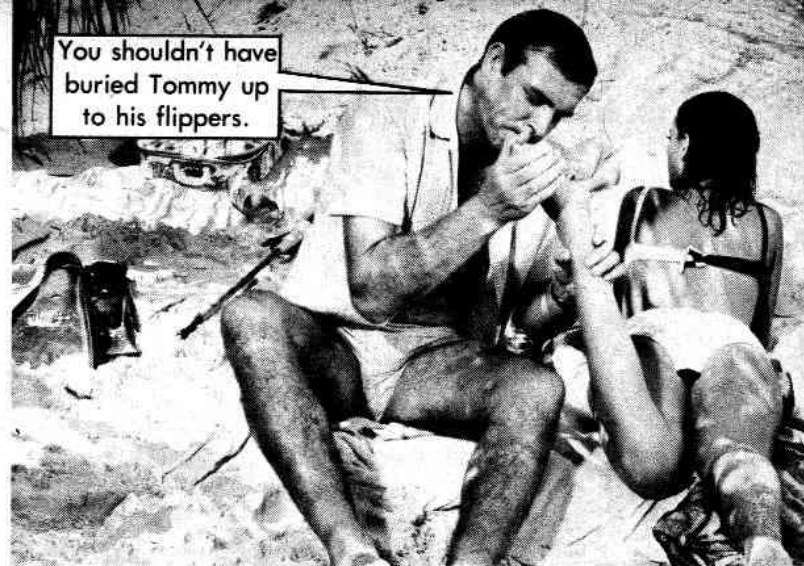
And with
every robe
you buy goes
this free
oatmeal cookie.



I thought
she'd look
good over
the fireplace.

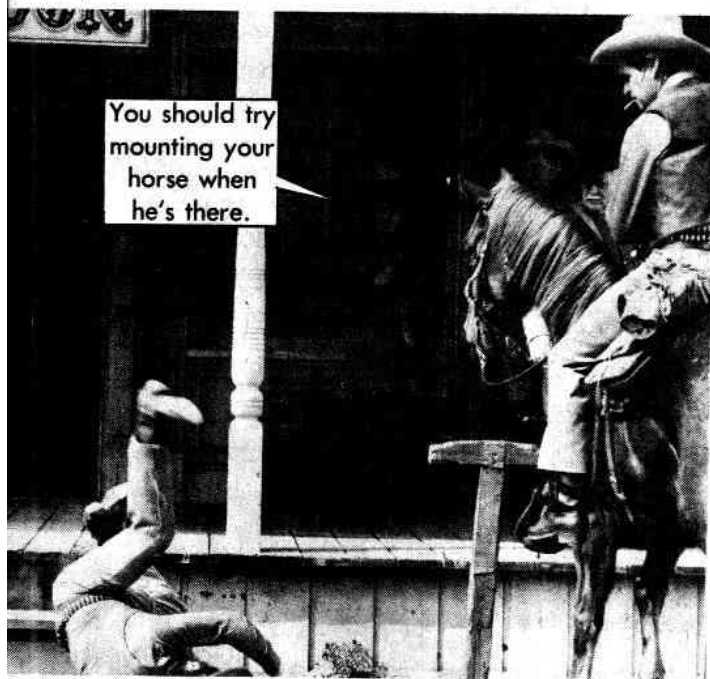


He's our best
undercover
cop.

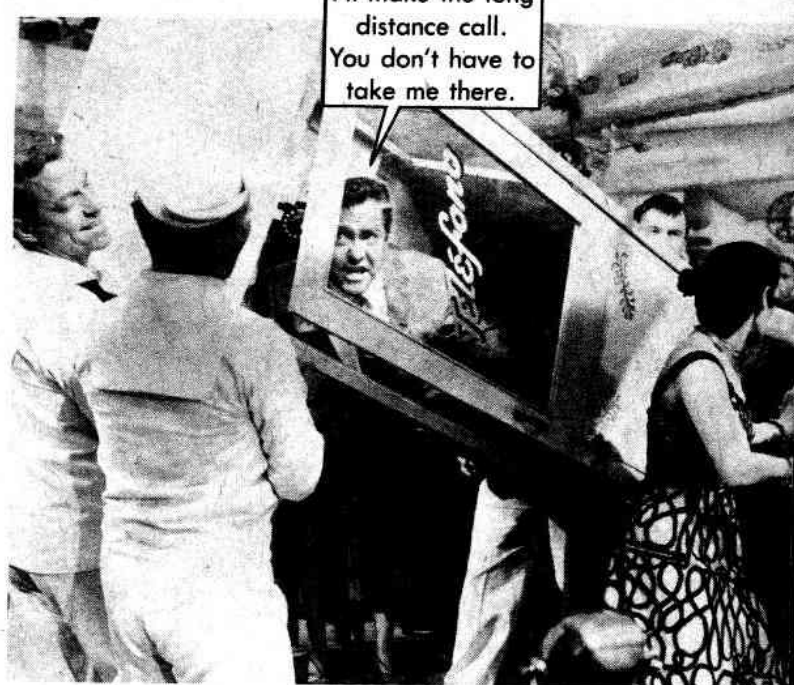




There's no time for swimming,
we've got thirty more
windows to wash.



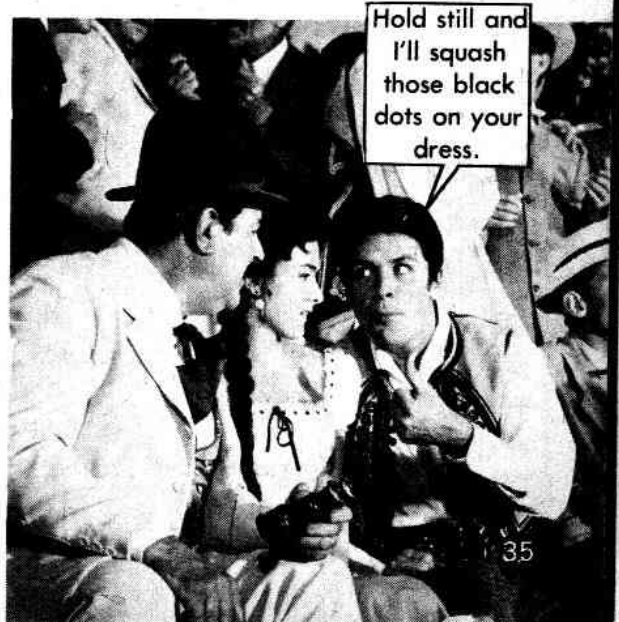
You should try
mounting your
horse when
he's there.



I'll make the long
distance call.
You don't have to
take me there.



I've asked them and
it's the same knight
after knight.



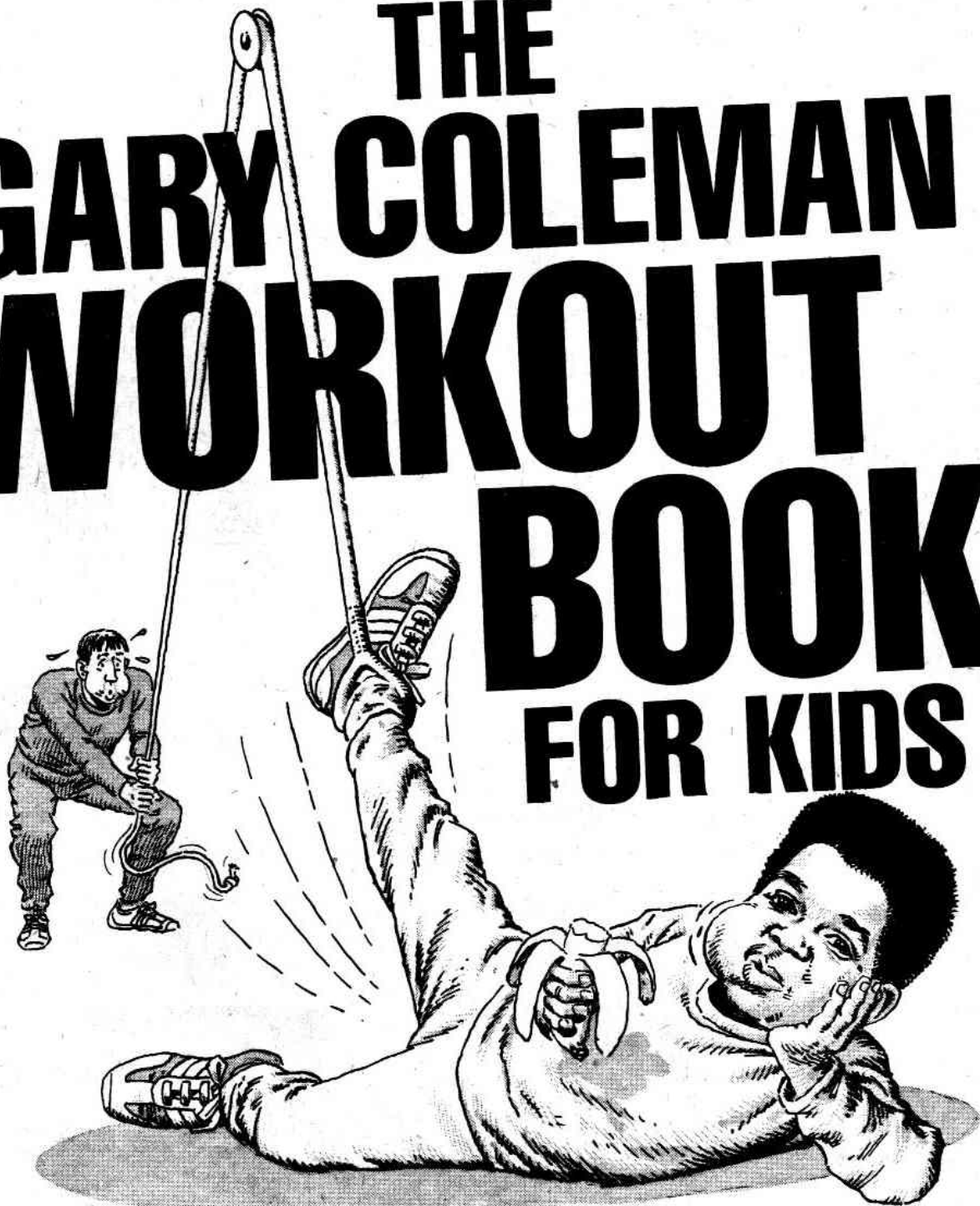
Hold still and
I'll squash
those black
dots on your
dress.

ALAFFIN'S MAGIC LAMP



Go into any bookstore and what do you see? Books! Correct! And what kind of books? Health and exercise books of all types—Jane Fonda's Workout, Linda Evans, Orson Welles, etc. But look at these books again. Notice anything missing? Sure you do! There are workout books for men and women, but not one for kids! Don't they deserve to be physically fit too? We think so and that's why we've commissioned one of America's top child fitness experts to come up with the best book of them all. He calls it

THE GARY COLEMAN WORKOUT BOOK FOR KIDS





Hi. I'm Gary Coleman, but most of you know me as Arnold Jackson on TV's *Diff'rent Strokes*. Most of you also know me as a trouble maker. Well, a trouble maker has to be fit (how else can you drop a water balloon on someone's head and get away fast enough without being caught). But, I also wrote this book for another reason—the money! Jane Fonda made a fortune on her book, so why not me? I can use some new video game cartridges and a home computer, so, here goes!

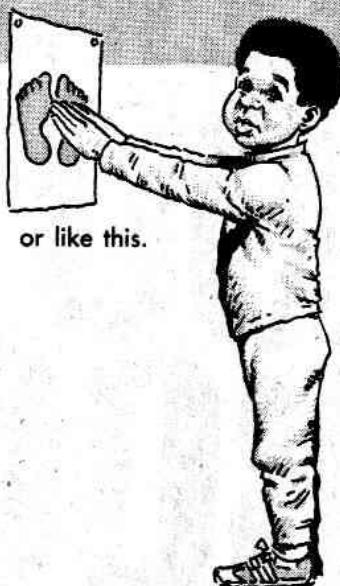
BEGINNER OR ADVANCED?

We'll get to my workout program in a second. First, we have to determine if, in the world of exercise, you're a beginner or you're advanced. Here are two ways to check.

First, determine the easiest way for you to touch your toes.

Second, when you wear a bathing suit, do you look like

Like this

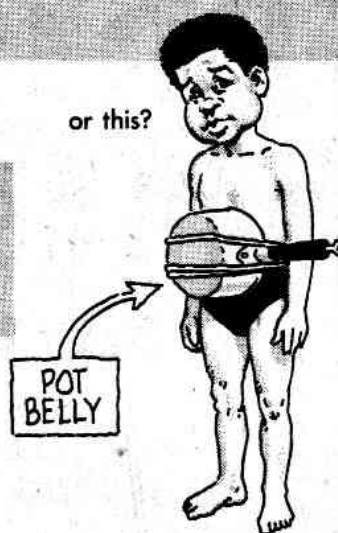


or like this.

this?



or this?



POT
BELLY

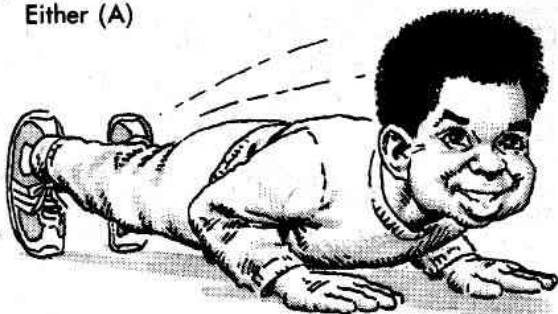
CRACKED is wondering what a turtle sees in his shell!

So which are you? Well, it doesn't matter because my workout book is for both beginner **and** advanced. I just threw the above in because Jane had it in her book and I wanted mine to sell a lot too.

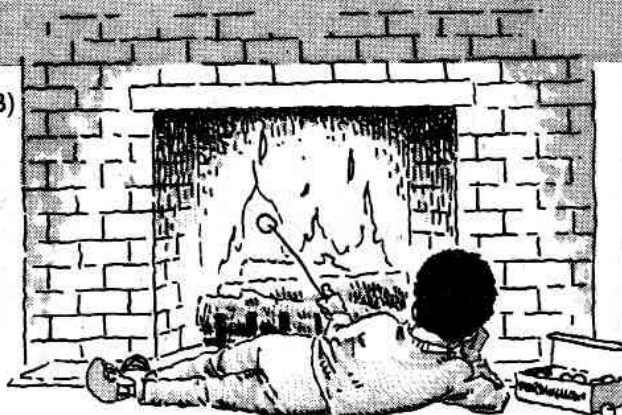
WARMING UP

Never do exercises cold. You should always warm up in one of two ways.

Either (A)



or (B)



I personally like **B**. **A** is a lot of work and makes you sweaty. And, if you get sweaty, your mom's gonna make you take a bath and who wants to take a bath every week!

THE BASIC WORKOUT

Just exercising is a drag, but if given the right incentive, you'll be surprised how fast you improve.

100 Yard Dash

Run this and see how fast you can do it.

45 seconds. Not bad. But bet we can cut that down to 20 with the right incentive.



To cut down your time even more, try these other incentives.

(A)



(B)



(C)



Now, bending and touching the floor is a good exercise.

TOUCHING THE FLOOR

However, after 3 of these, you're bored. But with the right incentive, you can do 103!

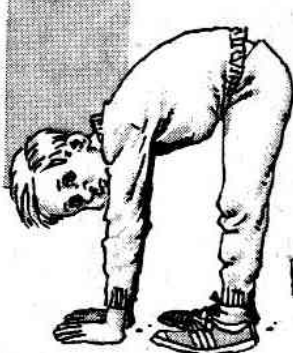


Fig. 1



Fig. 2

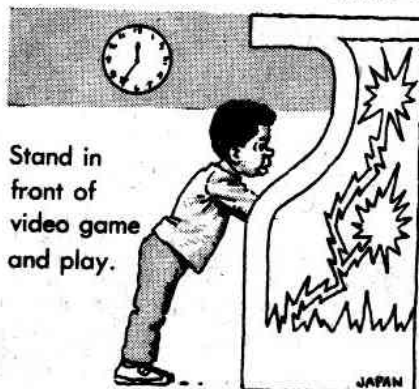


Fig. 3



THE VIDEO PUSHAWAY

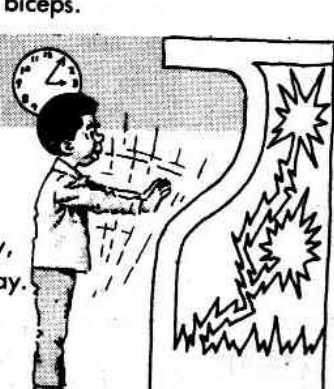
Here's another good exercise to help develop the chest and biceps.



Stand in front of video game and play.



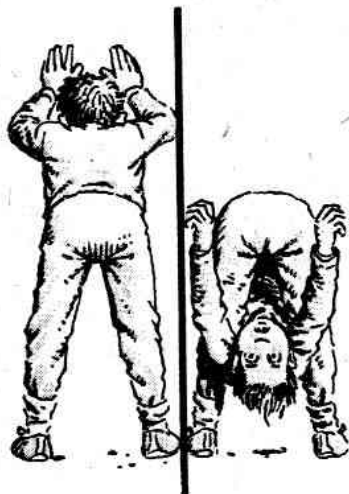
At end of game put hand in pocket.



When pocket is empty, push away.

Repeat once a day.

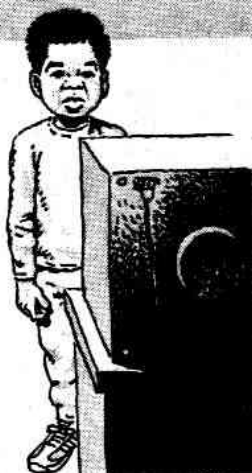
Now watch
this exercise.



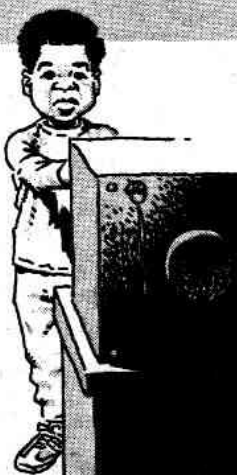
Pretty difficult, huh? That's why I said
to **watch** this exercise. We ain't
gonna **do it**. It's too much work!

Instead, try this arm extension exercise. It's best done on the hour and half hour.

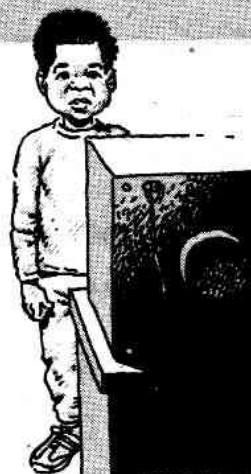
(A) Stand 2 feet in
front of any TV.



(B) Now stretch the right
arm and change channel.



(C) Relax.



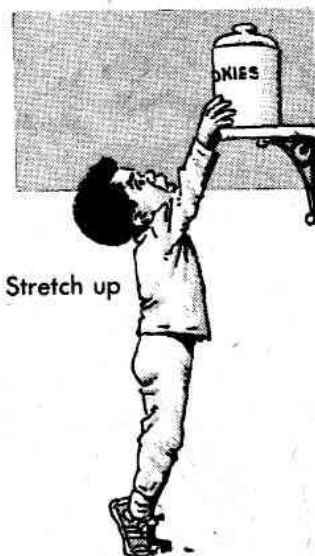
Continue stretching (alternating arms)
until the show you want to watch is found.

ARM STRETCHING

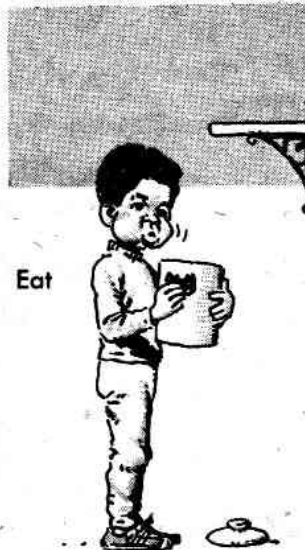
Basic arm stretching can be boring.



However, once again, with the right incentive, I bet you can do 20.



Stretch up



Eat



Return

Keep doing until either you are full, exhausted or sick.

LEG LIFTS

Again, incentive and purpose is the reason for this exercise. Unlike Jane Fonda's, you're not just doing my leg lifts purely
for the health of it.

Lie on floor and lift leg.

Insert nut

Lower leg quickly

Note:
10 lb.
weight
here

Flat metal
plate here.



HE'S A DARLING...



HE'S SO CUTE...



HE'S NUTCRACKER SWEET!!

CRACKED is discovering a cure for amnesia then forgetting what it was!

WHOLE BODY EXERCISE

Here's an exercise good for the entire body. For this, you'll need a set of stairs.

Quickly run up to the top.



Why? Because once there, you can . . .



THE SHOULDER SHRUG

This exercise is good for developing neck muscles.

And when's the best time to do it?



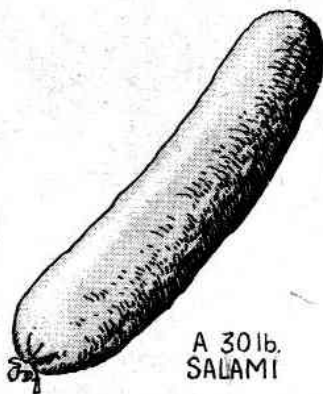
A LITTLE BASIC WEIGHT LIFTING

For this, you will need some special equipment

Take weight and lift high above head.

Lower to head level.

Bite.



A 30lb. SALAMI



Repeat

And finally, there's **THE REBOUND**. This is a good exercise to do before retiring for the evening. Begin by slowly bouncing on bed.

Move a little faster.

End exercise upon hearing



CUT THAT RACKET OUT UP THERE AND GO TO SLEEP BEFORE I COME UP THERE WITH A STRAP!



And that's about it. Do these exercises faithfully everyday and I promise that you too will one day look just like me . . . Hey! What you laughing about?

TH'END

Nowadays, the only one who isn't living a dog's life is the pampered family cat. To further indulge our favorite felines, we asked our cat-loving cartoonist (he's had a special fondness for felines ever since his kindergarten classmates told him he had a funny puss) to draw up a list of ...

Cat Gifts for Cats Who Have Everything

MAC BUSH

AUTOMATIC BACK-SCRATCHING-AND-STROKING DEVICE*

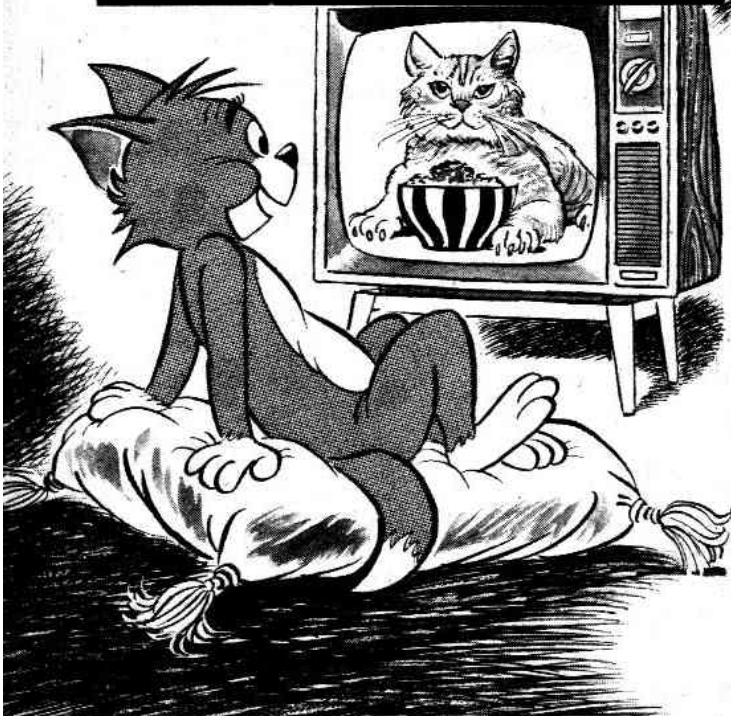


IMPORTED FRENCH FLEAS

Let your pedigree feline enjoy a unique ritzy status symbol



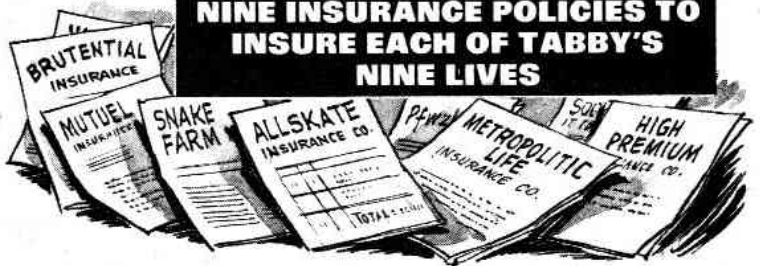
SPECIAL CONTOUR-SHAPED PILLOW FOR WATCHING "MORRIS" CAT FOOD COMMERCIALS



THE ULTIMATE IN SCRATCHING POSTS TABBY'S OWN PAIR OF CHAIRS



NINE INSURANCE POLICIES TO INSURE EACH OF TABBY'S NINE LIVES



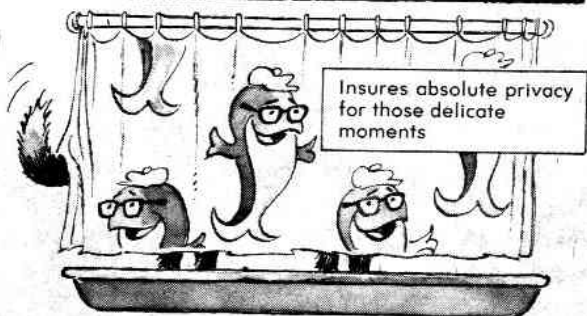
FRIDGE WITH PRIVATE DOOR FOR TABBY

Side door opens automatically when electric-eye is activated

SPECIAL CAT CLOCK



CURTAINED KITTY LITTER BOX



CAT POSTER

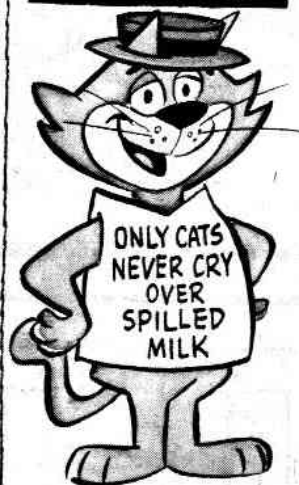
IT'S THE DOG HOUSE FOR MUTTS WHEN **SUPER CAT** MAKES THE SCENE!



CAT SAMPLER

Every dog has his day but the nights are reserved for cats ...

CAT T-SHIRT



ANGLER'S RUBBER GLOVE FOR FISH BOWL FISHING



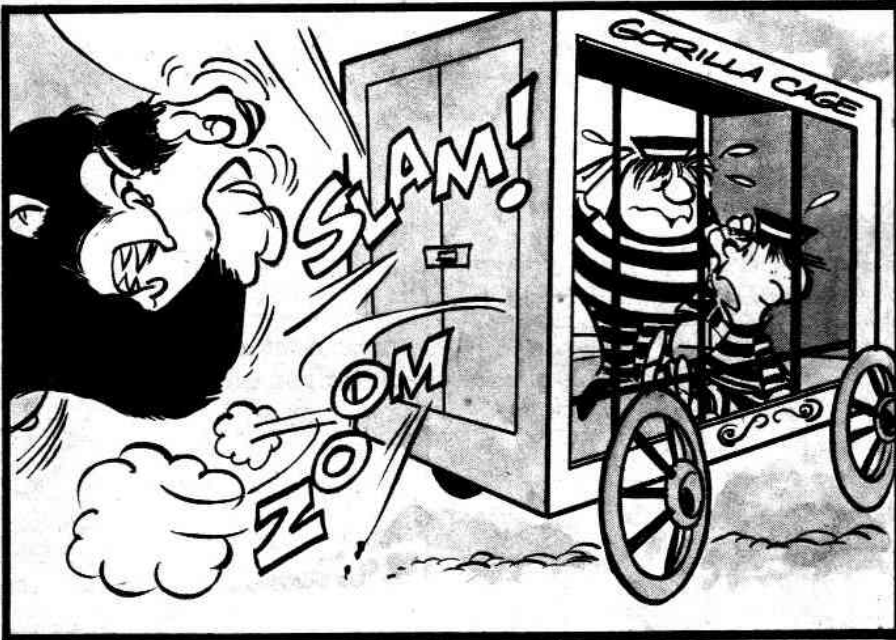
ANTI-POOCH PROTECTION DEVICE

*Combination magnifying glass and tape recording of a Bengal Tiger's 50 decibel roar will discourage any dog-bully.



CRACKED is refusing to yell through a screen door because you don't want to strain your voice.

HOOD & DIN



All right gang, time for another sports exclusive! We'd tell you what it was in this intro, but then you'd only be bored when you read about it again in the article. So, let's just skip all this chit-chat and move on to the business at hand as

CRACKED INTERVIEWS THE OLYMPIC TRAINING KING

Hi, I'm Nanny Dickering and last February I visited the American Olympic Training center where our athletes were practicing for the now-past winter olympics as well as the upcoming summer games. And if you think it's all hit or miss conditioning—you're **wrong**. Everyone is supervised by **none other** than the **king of training himself**—Mr. Bullwhip Jones.

Greetings, Mr. Jones. Is there any **particular** problem in putting together a summer and winter olympic team?

Some. You see, the **American** team is strictly amateurs, so we have to weed out the **best** from hundreds of applications we receive.

REGISTRATION

I don't get no respect.

U.S.

TIDDLEWINKS SQUAD

For example, let's look at the people trying out for the **underwater crawl**.

That man there will have to be eliminated right off because olympic rules say you can't use any artificial aids.



And that man?

Well, after his dive ...



... there's just no water left for him to swim under.

SPLASH

My, look at those 8 men in there, Mr. Bullwhip. They certainly are vicious the way they are tearing apart that training dummy.

It's a very important part of their sport.

Are they on the boxing team?

No, Nanny, the hockey team.



Oooh — my shoes!

That man appears to be in pain.

Yeah, his shoes are on too tight. It's an occupational hazard.

What do you call it?

The agony of defeat!

Each of these men and women must get pretty hungry practicing.

Oh yes. That's why we have an area set up where they can go for a quick bite.

Aren't in-between snacks bad for training?



Nanny, these bites are far from fattening!

Next.



I understand the athletes never let up on their training.

Not even at meals!

WEIGHT LIFTING SQUAD

And who are these guys? A big part of my training program is rigorous endurance. There's no room for slackers like those men quitting over there.

Who pays for all of this, Bullwhip?

The money we receive is solely from contributions.

How long were those 'slackers' jogging in place like that?

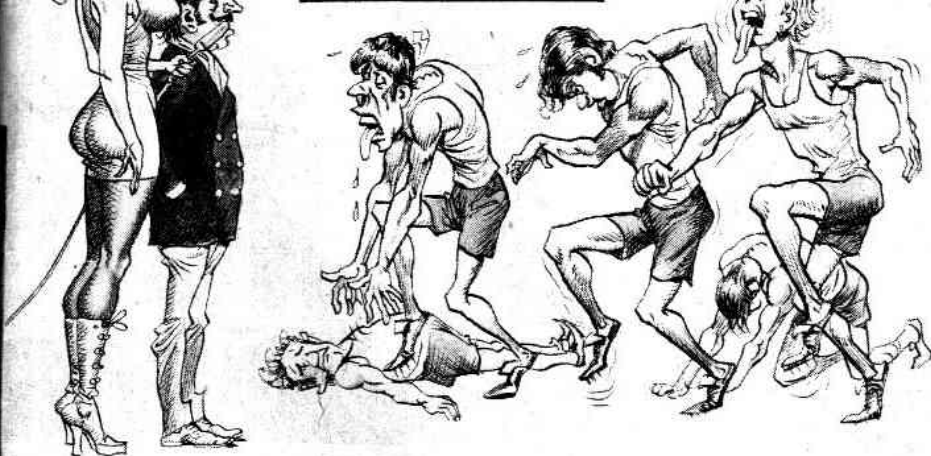
Only three weeks!

How much did you raise this year?

11 million dollars

Amazing!

And all door-to-door



To what do you attribute the success of your drive? The hockey team did the soliciting.

GIVE 'TIL IT HURTS

Now over here my people are practicing for the high jump.

Do you think any records will be broken this year?

Six just were.

In practice?

Yeah—Fatty Demkowsky landed on the team's stereo by mistake.



My, look at the size of them. What do you call those men?

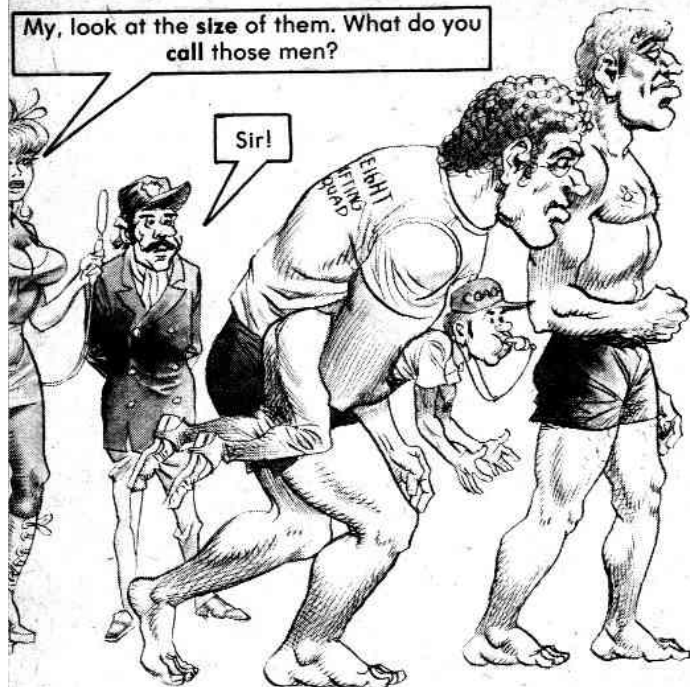
Sir!

No, I meant what kind of athletes are they?

Oh. They're our **weight lifters**. Every morning they each press an olympic bus to keep in shape.

You're kidding!

I am not. Why, there's one doing it right now.



And over there is our very rough roller derby team.

What do you mean?

They look extremely ... competitive. But Bullwhip, aren't they wasting their time?

There isn't any roller derby event in the olympics.

Would you like to be the one to inform THEM about that?



By the way, Nanny, I have some films here from the 1972 winter ski jump I thought you might like to see.

Oh, I would.

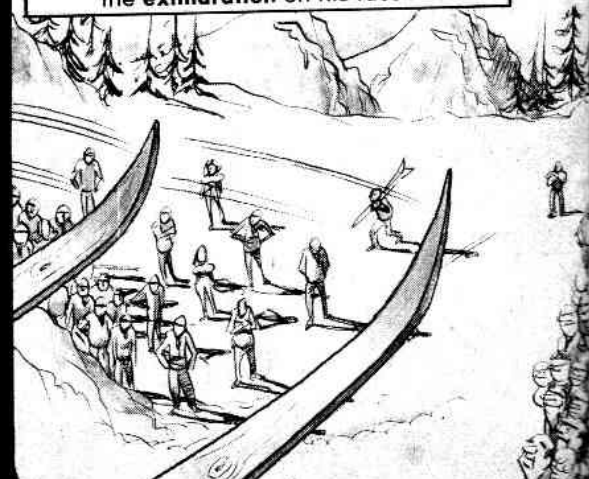
Fine-roll 'em champ.



Here's the event from the skier's point of view.

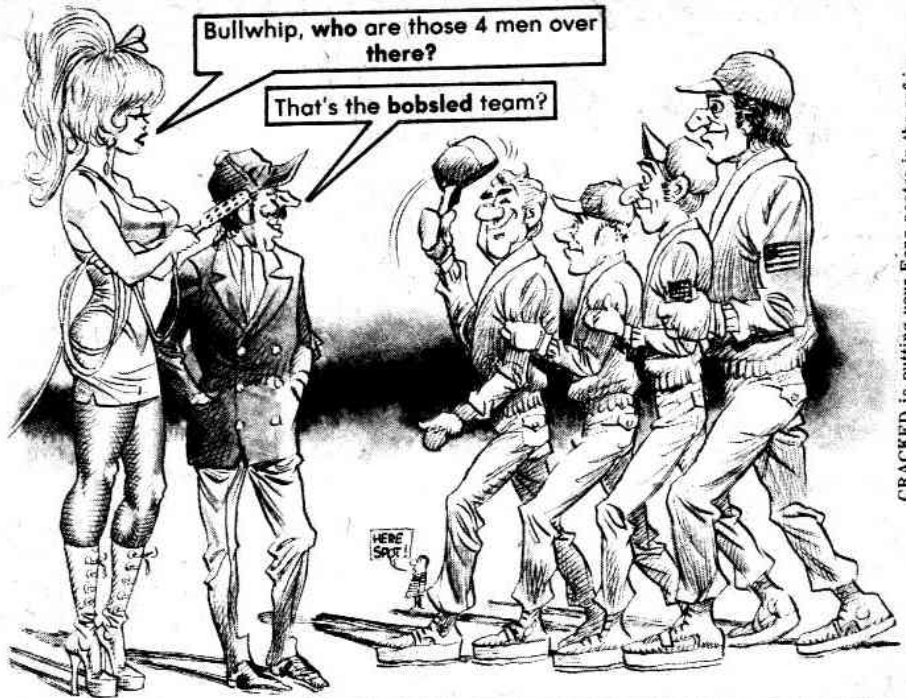
The athlete must have really gotten a rush from that jump.

Oh yeah. You can tell in the next frame by the exhilaration on his face ...





... or is that panic?



Bullwhip, who are those 4 men over there?

That's the bobsled team?

CRACKED is putting your Fonz poster in the refrigerator to keep it cool!



And ... uh-oh Bullwhip. Indians attacked one of your athletes.

No, Nanny. Not Indians! The clod fell on his javelin!

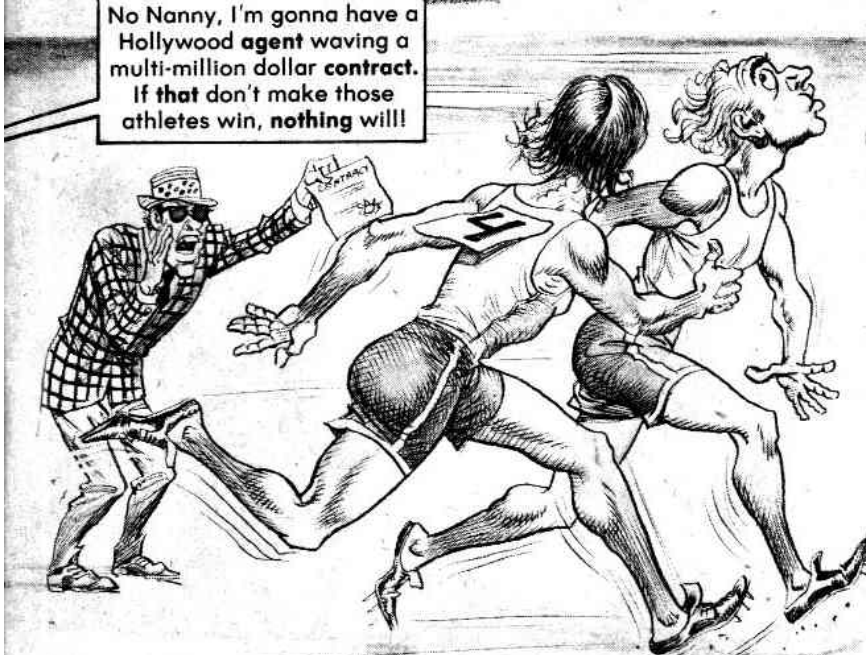
Oh.

IT ONLY HURTS WHEN I LAUGH

Well, before departing, I have one last question. In 1972, Mark Spitz won five gold medals. Are you using any method this year for enticing your athletes to do the same?

I certainly am. It's all centered around what that man on the sidelines is waving.

Oh, throughout the olympics you're going to have an American waving Old Glory?



No Nanny, I'm gonna have a Hollywood agent waving a multi-million dollar contract. If that don't make those athletes win, nothing will!



And this is Nanny Dickerling signing off from the olympic training quarters.

Remember, two gold medals and you get to eat Fritos on TV!!

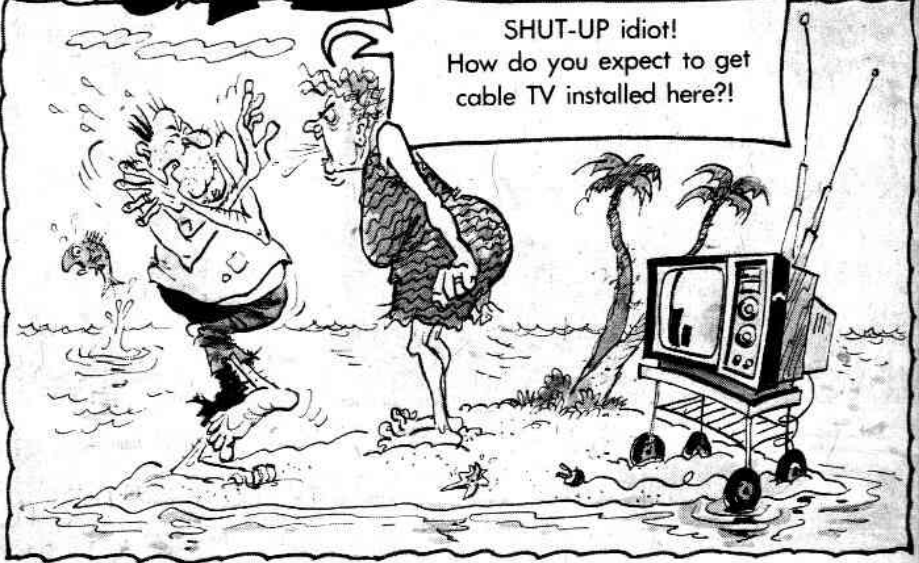
SHUT-UPS



Everyone else has the cable.
Let's get it installed this week!



SHUT-UP idiot!
How do you expect to get
cable TV installed here?!



Really Bill . . . do you have
to tell the whole world
everything you hear?



SHUT-UP Wilma! That's my job!!

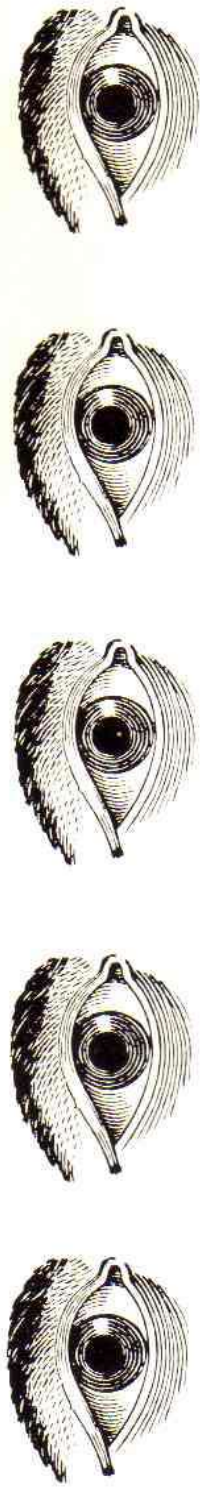


Oh dear . . . you can't wear that shirt.
You've got 'ring around the collar'!



SHUT-UP! IS THAT ALL YOU CAN
THINK OF AT A TIME LIKE THIS?!





3.



4.



5.



6.

GREAT MOMENTS IN SAFETY

BOGVILLE

OLD OLD WORLD

2001BC



WARREN SPECTOR

OG BOG ALMOST INVENTS
THE LIFE PRESERVER